

**DIET MANUAL**  
**Fitzsimons General Hospital**

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**D. B. FAUST**



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FITZSIMONS GENERAL HOSPITAL

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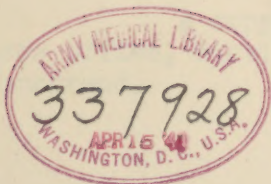


DIET MANUAL  
FITZSIMONS GENERAL HOSPITAL

Compiled by  
D. B. <sup>Bascom</sup> FAUST  
Lieutenant Colonel  
Medical Corps  
U.S. Army

FITZSIMONS GENERAL HOSPITAL  
Denver, Colorado

1941



ACKNOWLEDGED

DIET MANUAL

FITZSIMONS GENERAL HOSPITAL

Compiled by

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Lieutenant Colonel

Medical Corps

U.S. Army

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## FOREWORD

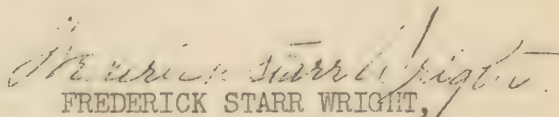
In the successful operation of any hospital it is probable that there is no more important and troublesome problem than that dealing with the feeding of patients. It often is the deciding factor in the success or failure of treatment. Its influence on the morale of the patient cannot be questioned.

Unfortunately, in the past, too little emphasis has been placed by our medical schools on the subject of nutrition and the composition, preparation and serving of the diets necessary to produce the desired end. As a result rarely does the young graduate of medicine have any conception of what food his patient really should have, let alone how it should be prepared and served. Worst yet, as he advances in his profession he rarely devotes much time to the study of the value of proper diets. If he is successful, he may be able to employ nutritional experts or capable dietitians. However, even in hospital practice, intelligent dietitians are few in number and usually too busy to give much attention to the diets for individual cases, moreover, a physician will never attain maximum results in feeding his patients unless he himself is able to direct his dietitians. This is true even in our large Army hospitals, though unusually well supplied with trained dietitians and it will be more evident in the large number of Army hospitals of all kinds called for in the Defense Program, necessitating the employment of medical personnel little versed in the intricacies of diets.

It is to meet this need that Lieutenant Colonel Daniel B. Faust of the Medical Corps of the United States Army has revised and had mimeographed his Letterman General Hospital Manual on Diets for use in Fitzsimons General Hospital. This Manual has greatly simplified the diet problem for ward officers, mess officers, dietitians, mess sergeants and cooks in ordering and preparing the diets suitable not only for the average patient under usual conditions, but also for almost any specific case which might be encountered.

In the interest of standardization and coordination in the preparation of diets, it is desired that this Manual be followed in the ordering of diets except in individual cases of unusual dietary requirements.

A copy of this Manual will be placed in each ward office, mess office, dietitians' office and kitchen for the guidance of all concerned.

  
FREDERICK STARR WRIGHT,  
Colonel, Medical Corps,  
Commanding.





## INTRODUCTION

This compilation of diets is designed to meet the requirements of this hospital. It is a recognized fact that dietary treatment of many diseases constitutes the most important part of the therapy employed. To obtain the best results from dietotherapy it is important that the diets be as simple as possible in composition, methods of preparation and administration. An ordinary dietary procedure adapted to simplicity in execution is far better than a superior diet so complicated that proper administration cannot be expected. The diets contained herein are in general collected from various sources and believed to be best suited for a military hospital of this type. It is felt the selections made will be adequate for practically all cases if due care is used when ordering the diets. There is no attempt to prevent ordering any diet required by a patient, however, in the interest of all it is felt that diets should be limited to those contained in this manual whenever possible. When ordering special diets, ward officers should remember dietitians require definite information and such information as the following should be included.

- (a) High Caloric Diets - State the number of calories desired.
- (b) High carbohydrate, low fat diet. State the number of grams of carbohydrate and fat desired. Unless otherwise stated, total calories will be approximately that of a normal diet.
- (c) Low Caloric and Obesity Diets. State total calories desired and when ratio of protein carbohydrate and fat is to be altered, state the number of grams of each.
- (d) Cardiovascular-renal Diets. State total calories, grams of protein desired, amount of fluid permitted and whether salt is to be omitted or reduced or remain unchanged.
- (e) Diabetic and Ketogenic Diets. State total calories, number of grams of protein, carbohydrates and fat desired. If the case requires special attention to fluid intake, state amount of liquids permitted.
- (f) High Vitamin Diets. When a special vitamin is desired, the name of the vitamin should be stated.
- (g) High Caloric, High Vitamin Diets. State total calories and vitamins desired.
- (h) Ulcer Diets. State at what period it is desired to start the diet viz: First week, second week, etc.
- (i) Operative Diets. State the name of the operation and day desired for the particular diet to be given, for instance, Appendectomy, 2nd day diet, etc.
- (j) Dental Diets. State whether liquid, light, soft or full.

There is no limit to the number of special diets that have been formulated, tried and found to be of therapeutic value. The condition of the patient will indicate to the physician the type of diet best suited to the case. It is here, in the unlimited field of special diets, that the physician can be of most help to the patient by proper application of dietary principles, before writing orders for this group of diets.

Certain of these diets are briefly outlined in the following pages, however, unlimited combinations may be made. Such changes in combination will frequently be more beneficial to the patient than any other therapeutic measure. For instance, a high carbohydrate, low fat diet indicates that a total caloric intake above normal is desired and at the same time fats must be reduced to a minimum. One may go further and prescribe a high carbohydrate low fat diet, total calories 2000 or 2500 calories as may be desired. This gives the dietitian definite information.

One may prescribe a fat free diet, but such a name is a misnomer, for it is practically impossible to furnish such a diet. It means a diet free from every vestige of oily and fatty foods before and after cooking.

Anticonstipation diet is frequently referred to as an A.C. diet. Such a diet, unqualified, calls for foods that increase indigestible residue or bulk at least 100% above the so called normal diet, avoiding foods that do not furnish such bulk, and at the same time no change in the total caloric intake.

If a high caloric diet is prescribed, the actual number of calories not being stated, the dietitian will figure the diet for approximately a 50% increase in total calories. It should be remembered that this increase will be made up of carbohydrates and fats. Proteins are not usually increased or decreased unless specified.

Vitamin deficiency diseases are recognized more frequently now than formerly, and the vitamin that is lacking is identified in most instances. In such cases, it is not sufficient to prescribe a high vitamin diet. The most important part of such a prescription is to state the vitamin desired. For instance, High vitamin A and B diet or High vitamin B<sub>2</sub> diet, etc. By the application of these simple fundamental principles of dietetics in ordering food for patients, there should be no trouble in obtaining diets that will greatly aid in their recovery.

The responsibility of the ward officer does not cease when the order is written. Many mistakes can and do occur between the kitchen and the patient. As a matter of interest and efficiency, ward officers should inspect all diets on their services at least once daily. These diets should be inspected for palatability, appearance and content. Errors will be found daily and these should be corrected at once.

The physician who is too busy to inspect diets or discuss them with his patients will miss entirely a most valuable therapeutic procedure. This responsibility belongs to the ward officers and cannot be delegated to other ward personnel.

This Manual is divided into six parts and indexed, covering the following subjects:

- Part I - The Normal Diet and its Common Modifications.
- Part II - Special Diets.
- Part III - Instruction Data for Patients.
- Part IV - Test Diets and Preparation of Patients for Tests.
- Part V - Menus and Menu Construction.
- Part VI - Reference Data.

There are forty-two chapters running consecutively from

Part I through Part VI.

No attempt is made in this manual to discuss diets in detail or even to mention all the innumerable diets that may be constructed. It is believed that data contained herein will be helpful to ward officers, mess officers, nurses, dietitians and mess sergeants.

D.B.F.





## CONTENTS

Forword	
Introduction	

Page VII-VIII-IX

### Part I The Normal Diet and Its Common Modifications

Chapter	I	The normal diet	1-7
Chapter	II	Dietary Requirements and Classification of Diets	8-10
Chapter	III	Liquid and Tube Diets	11-13
Chapter	IV	Soft, Light and Regular Diets	14-19

### Part II Special Diets

Chapter	V	Ulcer Diets	21-30
Chapter	VI	Diets for Gastric Retention	31-32
Chapter	VII	Anticonstipation Diets	33-41
Chapter	VIII	High Caloric Diets	42-45
Chapter	IX	Low Caloric (Reducing) Diets	46-48
Chapter	X	Diets in Diseases of the Colon	49-54
Chapter	XI	Diets in Diseases of the Liver and Gallbladder	55-58
Chapter	XII	Pellagra Preventive Diet	59-62
Chapter	XIV	Ketogenic Diets	63-65
Chapter	XV	High and Low Calcium Diet	67-69
Chapter	XVI	Cardiovascular-renal Diets	70-72
Chapter	XVII	Diabetic Diets	73-82
Chapter	XVIII	High and Low Purin Diets	83-85
Chapter	XIX	Diet in Arthritis	86-87
Chapter	XX	Diet in Pernicious Anemia	88-92
Chapter	XXI	Alkaline-acid Diets	93-94
Chapter	XXII	Diets in Food Allergy	95-98
Chapter	XXIII	Diets in Tuberculosis	99-103
Chapter	XXIV	Surgical Diets	104-108
		1. Gastro-enterostomy diet	105-106
		2. Diet for Gastric Resection	106-107
		3. Dental Diets	107-108
		4. Post operative Diet Table	107
Chapter	XXV	Diet in Infancy and Childhood	109-112
Chapter	XXVI	Diet in Chronic Lead Poisoning	113
Chapter	XXVII	Diet for Addison's Disease	114-125
		1. Potassium Content Tables	116-119
		2. Directions for cooking of vegetables	123
		3. Directions for cooking of meats	124

Part III  
Instruction Data for Patients

Chapter	XXVIII	Instructions for Convalescent Ulcer Cases	126-140
Chapter	XXIX	Instructions for Anticonstipation Diets	141-144
Chapter	XXX	Instructions on Reducing Diets	145-146
Chapter	XXXI	Instructions on Diet in Diseases of Colon	147-151
Chapter	XXVII	Dietary Instructions on Diseases of the Liver and Gallbladder	152-153
Chapter	XXVIII	Instructions on Diet for Cardiovascular- renal Diseases	154-155
Chapter	XXXIV	Instructions for the Diabetic	156-179
Chapter	XXXV	Instructions for Anticonstipation Diet for Irritable Colon	180-182
Chapter	XXVI	Instructions for Anticonstipation (High Fat, Low Residue Diet)	183-185

Part IV  
Test Diets and Preparation  
of Patients for Tests

Chapter	XXXVII	Test Diets and Preparation of Patients for Tests	186-187
---------	--------	---	---------

Part V  
Menus and Menu Construction

Chapter	XXXVIII	Menus and Menu Construction	188-197
Chapter	XXXIX	Sample Menus, Liquid, Light and Regular	198-253
Chapter	XXXX	Special Diet Menus	254-299

Part VI  
Useful Tables, Weights, Measures  
and Recipes

Chapter	XXXXI	Useful Tables, Weights and Measures	300-304
Chapter	XXXXII	Recipes useful in Certain Special Diets	305-318



DIET MANUAL  
PART I  
THE NORMAL DIET  
AND ITS  
COMMON MODIFICATIONS

\* \* \*



# DIET MANUAL

## CHAPTER I

### THE NORMAL DIET

#### AND ITS COMMON MODIFICATIONS

The normal diet will contain the various elements of food in sufficient amount and in the proper ratio to maintain normal weight, and furnish energy required in routine or prolonged effort. The consumption of food is variable depending on many personal factors, climatic changes and type of work performed. It is believed the table below gives fairly accurately the average caloric intake under various states of activity.

STATE	CALORIES PER POUND
Basal . . . . .	10
Bed Rest . . . . .	12
Light Work . . . . .	15
Moderate Work . . . . .	18
Hard Work . . . . .	22

Carbohydrates, proteins and fats furnish the calories. Carbohydrates furnish about 50% of the entire amount needed, while proteins furnish about 15% and fats the remainder. The normal diet should contain approximately the following:

- (a) Protein - 1 gram per kilo of body weight.
- (b) Carbohydrates - About 50% of total caloric intake.
- (c) Fats - Remainder of total caloric intakes after carbohydrates and proteins are subtracted. It is usually 30 to 40 per cent of the total caloric intake.
- (d) Minerals.
  - Iron - 0.015 gm daily.
  - Phosphorous - 1.4 gm daily
  - Calcium - .7 gm daily.

MINERALS	SOURCE OF MINERALS	
	EXCELLENT	GOOD
Iron	Asparagus	Almonds Molasses
	Kale	Apricots Oranges
	Beans	Beans, green Parsnips
	Bran	Beets Peas
	Lettuce	Beef Peppers
	Liver	Cabbage Radishes
	Chard	Cucumber Rhubarb
	Celery	Dates Tomatoes
	Cauliflower	Duck Turnips
	Raisins	Goose Whole Wheat
	Spinach	Lamb



# DIET MANUAL

## SOURCE OF MINERALS

### MINERALS

#### Phosphorous

#### Excellent

Almonds  
Barley  
Beans  
Bran  
Cheese  
Chocolate  
Cocoa  
Eggs  
Lentils  
Liver  
Milk  
Oatmeal  
Peanuts  
Peas  
Rye  
Walnuts  
Wheat

#### SOURCES

#### Good

Asparagus  
Beef  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Chicken  
Clams  
Corn  
Cream  
Cucumber  
Egg Plant  
Pigs  
Fish  
Pineapple  
Prunes  
Pumpkin  
Raisins  
String Beans

#### Calcium

Asparagus  
Beans  
Cauliflower  
Caviar  
Chard  
Cheese  
Cream  
Egg Yolk  
Kale  
Milk  
Turnip Greens

Almonds  
Beets  
Bran  
Cabbage  
Carrots  
Celery  
Chocolate  
Dates  
Figs  
Lemons  
Lettuce  
Oatmeal  
Oranges  
Parsnips  
Pineapple  
Prunes  
Raspberries  
Shell Fish  
Spinach  
Turnips  
Walnuts

Other mineral constituents of the body will be furnished in adequate amounts without special attention to diet.

(e) Water - In sufficient quantity to maintain proper water balance.

(f) Vitamins - These elements are essential to the diet. Actual quantities required cannot be measured. In fact the body requirements is the result of much experimental work. Dosage in most cases have been increased from year to year. The treatment of vitamin deficiency diseases, especially of the subclinical types by proper diet,

## DIET MANUAL

however, in some cases it becomes necessary to administer vitamin concentrates or the crystalline preparations.

In discarding impure concentrates for the crystalline vitamins there is gradually occurring a change of dosage from the unit system to that based on the weight of the patient. While much progress has been made there is much to be desired from the laboratory in tests to determine the deficiency of some of these vitamins. Recognition of vitamin deficiencies by laboratory methods and the establishment of accurate effective dosage lags far behind the discovery of these vitamins. New ones are being discovered with incredulous rapidity. It is believed that in therapy effort should be made to prevent vitamin deficiency diseases by the use of proper diet whenever possible and to also use this method in the treatment of these conditions unless concentrates and crystalline forms are absolutely required. There is much to suggest in many of these conditions that the pure vitamin isolated is more effective in the presence of possibly yet undiscovered vitamins or fractions than is present in certain foods. No doubt there are many well developed vitamin deficiency diseases in every community of this nation and many more belonging to the subclinical groups.

It should be remembered that vitamin consumption from bottles and boxes is the fad of the nation. Fewer purchases from the drug store and proper attention to construction of the family menu and preparation of the meals will solve the nation's vitamin deficiencies except those due to economic causes. Any therapeutic diet should be carefully considered from the standpoint of producing a vitamin deficiency. Consideration should be given to the length of time it will be necessary to maintain the patient on the diet. Most vitamins are stored in the body and there is sufficient stored in many instances to last several weeks or months. Others are depleted rather rapidly. Much of that written about vitamins today will have to be changed tomorrow. Their use should be restricted to actual need and this will be relatively infrequent if more attention is given to properly balanced diets in and out of hospitals.

The following table gives some pertinent data about some of the better known vitamins.

VITAMIN	ADULT DAILY REQUIREMENT	NORMAL BLOOD LEVEL	DAILY ADULT DOSE	FORMS FOR USE	BODY STORAGE	TEST FOR DEFICIENCY
A (Carotene)	2000-4000 IU	80-100 IU per 100 CC	Average 10000-25000IU	Fish liver oils	Good	Not satisfactory Biophotometric, fair
			Advanced 50000-100000IU	Hypo not satisfactory	Slow depletion	
Vitamin B Complex-B <sub>1</sub> , Thiamine	330 IU or 1 mg	Trace	10-25 Mgm or 8250 IU	Thiamine by mouth, parenterally or subcutaneously	Limited rapid depletion	Not satisfactory Less than 12 IU in urine daily indicates deficiency
B <sub>2</sub> or G, Riboflavin	1.5-3 Mgms or 600-1200 B-S Units	Not Known	5 Mgm daily or 2000 B-S Units	Riboflavin orally	Good slow depletion	Good. Urine excretion and blood.
P.P. Factor, Nicotine acid	Not known	0.15 Mgm per 100 CC	500 Mgm orally 50-100 Mgm per hypo	Nicotinic acid orally, parenterally or subcutaneously	Limited probably rapid depletion	Not satisfactory
B <sub>6</sub> Pyridoxine	Unknown	Unknown	Questionable Possibly 50 Mgm orally	Pyridoxine 50 Mgm ampoules	Unknown	Not satisfactory



VITAMIN	ADULT DAILY REQUIREMENT	NORMAL BLOOD LEVEL	DAILY ADULT DOSE	FORMS FOR USE	BODY STORAGE	TEST FOR DEFICIENCY
Vitamin C Ascorbic acid	50-100 Mgm or 1000-2000 IU	1-1.5 mgm per 100 CC	600-900 mgm or 12000-18000 IU	Ascorbic acid orally, subcutaneously or intravenously	Questionable	Good Photoelectric colorimetric method on blood. Urine excretion method
Vitamin D	600 IU	Not known	10000-20000 IU	Cod liver oil USP Viosterol USP orally	Limited	Good Calcium, Phosphorus and Phosphatase in blood.
Vitamin E	Unknown	Unknown	1 to 4 tsps.	Wheat germ oil, orally	Unknown	None
Vitamin K	Unknown	Unknown	Cerophyl 10-15 gm Klotogen 1-3 gm Thyloquinone orally 2 to 4 mgm and intravenously 1 to 2 mgm.	Vitamin K orally, bile salts with Thyloquinone orally	Unknown	Good. Use the prothrombin time.

It must be remembered that dosage of vitamins will vary from the above, especially in pregnant women, children and in the type of diet consumed.

# DIET MANUAL

It is possible that other vitamins may in the future be discovered. The following have been identified. Their distribution in foods, chemical properties and positive effects are also noted.

NAME	EFFECT	Excellent	Good
Vitamin A $C_{20}H_{30}O$	Antiophthalmic	Beef Liver Broccoli Leaf Butter Carrots Chard Cod Liver Oil Cream Cream Cheese Dandelion Greens Egg Yolk Halibut liver oil Ice Cream Mango Parsley Peppers Spinach	Apricots Asparagus fresh Bananas Beans, green Cabbage Celery, green Cress Lettuce Milk, whole Oranges Peaches Prunes Sweet Potatoes Squash Tomatoes
Vitamin B	Antineuritic	Asparagus Beans Bran Grain Liver Peas Peppers Spinach Yeast	Almonds Apricots Apples Berries Cabbage Cantaloupe Carrots Cauliflower Celery Eggs Grape fruit Green Beans Milk Oranges Pineapple Prunes Peanuts Tomatoes Turnips
Vitamin C	Antiscorbutic	Cabbage Cress Collards Currants Grape fruit Lemon juice Limes Lettuce Orange juice Peas, green	Apples Bananas Beans, green Beets Bran Brussal sprouts Carrots Celery Chard Gooseberries

## DIET MANUAL

NAME	EFFECT	SOURCES	
		EXCELLENT	GOOD
Vitamin C (Continued)		Peppers Pineapple Rutabagas Spinach Strawberries Tangerines Tomatoes Turnip greens	Kale Liver Onions Pea ches Potatoes Raspberries Rhubarb Grain sprouts Turnips Watermelon
Vitamin D $C_{27}H_{42}O$	Antirachitic	Butter Cod liver oil Halibut liver oil Irradiated foods Salmon oil Sardine oil	Beef fat Cream Egg Yolk Ice cream Mutton fat Whole milk
Vitamin E Resembles sterol	Antisterility	Corn oil Hempseed oil Lettuce Wheat germ oil	Green leaves and whole grain
Vitamin G ( $B_2$ )	Antipollagic	Kidney Liver Yeast Liver extract	Wheat bran Wheat embryo Peas, dried Cabbage, green, fresh Cabbage, green, dried Rape leaves Spinach, cooked, dried and raw Turnip leaves Water cress Yeast Beef Mutton Pork Egg Milk
Vitamin K	Antihemorrhagic	Alfalfa Wheat Oats Grass	

(g) Residue. Residue from foods should be sufficient in amount to insure normal bowel movements. Fruits and vegetables furnish this residue. Three to four average servings daily should be sufficient.



# DIET MANUAL

## CHAPTER II

### DIETARY REQUIREMENTS

The requirements in diet are difficult to determine accurately. There are many factors concerned, especially when complications resulting from disease are considered. There must be a working basis upon which all menus are constructed and for this purpose the needs for the average size person on a full diet in the hospital are used. It is realized that many will find difficulty in consuming this amount, while others are large eaters and will require more. Average requirements on full diet are:

Protein	70-75 grams	Calcium	0.7 grams
Carbohydrate	300-350 grams	Iron	0.015 grams
Fats	90-120 grams	Phosphorous	1.2 grams

Under ordinary conditions a diet satisfying these proportions will furnish to the body adequate energy from the carbohydrates, principally; adequate fat replacement and storage from the fatty elements of the diet and the protein will be sufficient for repair and maintenance of the skeletal structures. All minerals are important but calcium, iron and phosphorous may not be found in sufficient amounts in unbalanced diets. It is, therefore, wise to keep these three minerals in mind when menus are being prepared. Dietary deficiencies will not result on the above mentioned requirements if the following articles are included in the menus and consumed daily.

Meat:	3 to 3½ ounces.
Milk:	One pint on full or regular diets and a quart on all other diets.
Eggs:	At least one egg in some form.
Vegetable:	Two to three servings of starchy vegetables such as potato. One to two servings of a raw leafy or watery vegetable.
Fruit:	One serving of a cooked fruit and one serving of a raw fruit.
Butter:	One and one-half ounces.
Sugar:	Two ounces.

**SERVING PORTIONS:** - Frequently there is a wide divergence of opinion as to the amount of a food in serving portions. When the opinion on the wards differs from that in the kitchens there will result either a wastage of food or complaints from the wards that insufficient food is sent. The following is accepted as standard serving portions throughout the hospital:

Food	One Portion
Bacon	3 strips
Butter	1 square
Bread	2 slices



## DIET MANUAL

### (Serving Portions Continued)

Food	One Portion
Cereal cooked	1/2 cup
Cereal dry	1 individual package
Fruits cooked	1/2 cup
Fruits raw	1 medium sized apple or orange or their equivalent
Jelly or jam	1 tablespoonful
Meat	3 x 2½ x 1 inch - 250 cc.
Vegetable raw	1 average tomato or equivalent
Vegetable cooked	1/2 cup

DIET IN DISEASE. - In discussing the normal requirements of a diet, disease has not been considered. Therapeutic diets are merely modifications of normal requirements. Such modifications may be great or small. In all instances, however, they must fill the following requirements:

- (a) Satisfy body demands for each disease or pathological condition.
- (b) Adequate to sustain normal nutritional requirements.
- (c) Prepared so that patient will be satisfied with the diet.
- (d) So prepared that forced feedings may be employed if needed.

These modified normal diets are known by certain names and in any institution uniform names must be used for identification purposes. Otherwise, improper diets will reach the patient. All of these modified diets have been changed for therapeutic reasons, as follows:

- (a) Changed consistency to promote tolerance by patient and aid digestion.
- (b) Changed to meet increased or decreased caloric intake.
- (c) Changed to increase or decrease individual elements required.

Changes to meet these needs will naturally cause great changes in the appearance of the trays even though the total daily caloric intake is the same. Modifications mentioned above naturally lead to naming these diets. Under (a) in which there is a change of consistency may be mentioned such diets as:

- (1) Liquid
- (2) Soft
- (3) Bland

In certain diseases it may be necessary to increase or decrease the total caloric intake. This may be done by supplementing the regular diet with certain foods when an increase is desired, and if a decrease is desired by limiting the portions served. In most instances, however, the menu will have to be changed to meet not only the desired caloric intake, but frequently the consistency of the food must also be changed. It may be desired to go even further and alter the individual elements of the food over that found in the normal diet. Examples of diets for

## DIET MANUAL

increased caloric intake are those used in goiter and typhoid fever, while the diets representing the decreased caloric intake are those used in obesity, weight reduction, etc. Under (c) above mentioned, fall a large group of diets necessary as therapeutic measures in which there is a change in quantity and kind of elements used in the normal diet. In this large group of diets it may be necessary to combine with these changes modifications of consistency of the food, and also changes in the total caloric intake. The principal elements in this group that will have to be adjusted are:

- (1) Proteins
- (2) Carbohydrates
- (3) Fats
- (4) Vitamins
- (5) Minerals

It is in this group that most special diets arise. It is readily understood why an adjustment of these elements must be made in diabetes mellitus. The same may be said of certain forms of nephritis when it is desirable to reduce protein intake, or in some of the types of jaundice when fat is not well tolerated. It is also readily understood why individual constituents are changed to insure the necessary intake of the important minerals. In the vitamin deficiency diseases, the greatest therapeutic agent known is that found in diet, which can be furnished when individual constituents are changed to insure the adequate intake of the proper vitamin. Variations, or changes in constituents may be extended to include alteration in constituents of the diet to furnish more or less residue as desired. In such a case protein must remain the same, fats reduced and certain forms of carbohydrates increased.

## CLASSIFICATION OF DIETS

The following is a list of diets available:

- (a) Liquid Diet.
- (b) Soft diet
- (c) Light diet.
- (d) Regular, (full or general) diet.
- (e) Special or therapeutic diets.

All of these are constructed on the basis of the regular diet. Liquid, soft, light and special diets are prepared in and obtained from the General Diet Kitchen and regular diets only are prepared in the Main Kitchen.



# DIET MANUAL

## CHAPTER III

### LIQUID DIET

Liquid diets are composed of fluids that are either liquid when taken into the mouth or become liquid before reaching the stomach. These foods afford little residue or indigestible material. They must be easily digestible, often concentrated and free from irritating condiments and mechanical irritants. Such diets should be given in small portions, 60-400 cc, depending on the nature of the case. The feedings should be repeated every two hours unless there are contraindications. At least six to eight feedings are required daily. The caloric intake in this type of diet varies. In some cases it may be desirable to have the patient take considerably more than the basal requirement. Indeed it is not unusual for liquid diets in many cases to run as high as 2000 or more calories, with a proper ketogenic-antiketogenic ratio. The following constitute liquid diets:

Clear broth	Vegetable juices, strained
Coffee or substitutes	Albumen
Tea	Gruels
Fruit juices	Egg Nog
Milk	Albuminized drinks
Cocoa milk	Cream soups
Chocolate milk	Vegetable soups, strained
Malted milk	Carbonated drinks
Jello	Grape juice
Ice Cream and ices	Junket
Sherbet	Buttermilk
White of egg	Beef juice
Bouillon	Boiled custards

When it is desired to convert the liquid into a high caloric liquid diet it is necessary to add the following in considerable amounts:

Cream to be added to all milk drinks. Lactose, glucose, sugar and jelly to be used freely. Special ice cream may be made giving a high fat and carbohydrate content. Below are suggested menus for liquid diets, amounts to be served omitted. Unless otherwise indicated average servings will be given as outlined in a table earlier in this manual.

#### SAMPLE MENUS

Breakfast	Dinner	Supper
Gruel	Beef tea	Orange juice
Cream and sugar	Grapefruit juice	Beef broth
Milk	Milk	Milk
Orange juice	Vanilla ice cream	Jello
Coffee, chocolate or cocoa		

# DIET MANUAL

## SAMPLE MENUS

### BREAKFAST

Fruit juice  
Cereal gruel  
Milk  
Coffee or tea

### DINNER

Clear soup  
Fruit juice  
Milk  
Coffee or tea

### SUPPER

Bouillon  
Jello  
Milk  
Coffee or tea

### BREAKFAST,

Orange juice  
cereal gruel  
milk  
coffee or tea

### DINNER

Strained soup  
Jello  
Milk  
Vanilla ice cream  
Coffee or tea

### SUPPER

Consomme  
Custard  
Coffee, tea or  
Postum

### BREAKFAST

Fruit Juice  
Cereal gruel  
Milk  
Coffee or tea

### DINNER

Broth  
Custard  
Milk  
Coffee or tea

### SUPPER

Strained soup  
Jello  
Milk  
Coffee or tea

### BREAKFAST

P ineapple juice  
Strained gruel  
Milk  
coffee or tea

### DINNER

Beef tea  
Malted milk  
Junket  
Coffee

### SUPPER

Strained soup  
Buttermilk  
Ice Cream  
Postum

### BREAKFAST

Orange juice  
Cereal gruel  
Milk  
Coffee

### DINNER

Clear Broth  
Fruit juice  
Cocoa  
Lemon ice  
Coffee

### SUPPER

Strained soup  
Chocolate milk  
Whipped jello  
Postum

Grape fruit juice  
Cereal gruel  
Milk  
Coffee

Chicken broth  
Malted milk  
Custard  
Coffee

Cream tomato  
soup  
Milk with cream  
added  
Ice cream  
Kaffee Hag

In addition to the three meals a day there should be a minimum of three extra feedings daily as follows:

At 10:00 AM, 3:00 PM and 8:00 PM, an average serving of milk, egg nog, chocolate milk, malted milk, or grape juice should be given. It will not be unusual to feed the above menus at the regular meal hours in slightly smaller quantities and supplement with milk,



## DIET MANUAL

egg nog, fruit juices, or other liquids every two hours between meals.

**TUBE FEEDING.** -- It frequently becomes necessary to force feed patients by means of a stomach tube. This measure necessarily requires some form of concentrated liquids in order that the procedure will require repetition as infrequently as possible. The following formulas are suitable:

### TUBE DIET NO. 1

Milk	1000 Gm
Egg yolks	4 Gm
Evaporated milk	120 Gm
Karo Syrup	200 Gm
Yeast - 2 cakes dissolved in 200 cc hot water. Mix and cook in a double boiler. Cool, strain and add tomato juice	120 Gm
Cod liver oil	16 Gm

### TUBE DIET NO. 2

Milk	1000 Gm
Egg yolks	4 Gm
Pastry Cream 40%	240 Gm
Karo Syrup	100 Gm
Yeast - 2 cakes dissolved in 200 cc hot water. Mix and cook in a double boiler. Cool, strain and add Orange juice	200 Gm
Cod Liver oil	16 Gm

When tube feeding is not prolonged the following will be sufficient:

### TUBE DIET NO. 3

Milk	1000 Gm
Pastry Cream 40%	250 Gm
Glucose 50%	250 Gm
Heat and use at body temperature.	

### TUBE DIET NO. 4

Malted milk	1000 gm
Pastry cream 40%	250 Gm
Dextromaltose 30%	300 Gm
Heat and use at body temperature	

When using tube diets care should be exercised to insure the administration of at least 2000 calories daily to adults.

DIET MANUAL  
CHAPTER IV  
SOFT, LIGHT AND REGULAR DIETS

SOFT DIET

The soft diet is used in cases when it is desirable to eliminate or reduce mechanical irritation as much as possible. The distribution of the food elements is safe and the total caloric intake is ample for proper maintenance in health and disease. Because of the texture of these foods, patients tire of them quickly, and therefore should not remain on them any longer than necessary. The soft diet must be soft, readily digestible and irritating indigestible residue small. Such a diet therefore is suitable for convalescent cases, some intestinal disorders, and certain stages of post operative cases. In general, except where special diets are required, the soft diet bridges the gap between the liquid and regular diets, or liquid and light diets, or liquid and special diets.

The soft diets are constituted from the following:

THE LIQUID DIET PLUS -

Cooked cereals	Mashed white potatoes
Toast	Creamed white potatoes
Cream toast	Corn starch puddings
Soft cooked eggs	Cooked fresh fruits (except
Puree of -	pineapple and berries)
Spinach	Minced white meat of
Peas	chicken
Carrots	Scraped beef
Asparagus	Oysters
Lima beans	Broiled or baked white fish
String beans	Cottage cheese
Summer squash	Creamed sweetbreads
Baked white potatoes	Plain cookies
	Soda crackers
	White bread

Below are suggested menus for soft diet. Average servings are given unless requirements of the case indicate otherwise. A glass of milk or fruit juice may be given between meals and at 8 PM if the patient is hungry.

SAMPLE MENUS

BREAKFAST	DINNER	SUPPER
Orange juice	Strained Soup	Clear broth
Cream of wheat	Minced chicken	Creamed sweetbreads
Coddled eggs	Creamed potatoes	Mashed potatoes
Toast	Pureed peas	Lima bean puree
Butter	Bread	Bread
Cream	Egg custard	Butter
Coffee	Butter	Vanilla ice cream
	Tea or coffee	Tea or coffee

## DIET MANUAL

### BREAKFAST

Orange juice  
Farina  
Sugar and cream  
Poached eggs  
Toast  
Butter  
Coffee

### DINNER

Creamed celery  
soup, strained  
Crackers  
Scraped beef  
Baked potato  
Spinach puree  
Bread  
Butter  
Jello  
Whipped cream  
Tea or coffee

### SUPPER

Beef tea  
Soft boiled eggs  
Mashed potatoes  
Beet puree  
Toast  
Butter  
Orange ice  
Coffee or tea

### BREAKFAST

Grapefruit juice  
Oatmeal  
Poached eggs  
Toast  
Butter  
Coffee

### DINNER

Strained pea soup  
Crackers  
Broiled fish  
Creamed potatoes  
String bean puree  
Bread  
Butter  
Apple sauce puree  
Tea or coffee

### SUPPER

Bouillon  
Creamed chicken on  
toast  
Scalloped potatoes  
Summer squash puree  
Bread  
Butter  
Ice cream  
Tea or coffee

## LIGHT DIET

This diet is a stepping stone filling the gap between the soft and full or regular diets. It is composed of easily digested foods and is low in indigestible residue. The total caloric intake is adequate and the supply of carbohydrate, protein and fat is liberal. The light diet is obtained from the following:

### ALL LIQUID AND SOFT DIETS PLUS -

#### Miscellaneous -

Rice  
Macaroni  
Spaghetti  
Noodles  
Meats  
Fish  
Oysters  
Fish  
Clams  
Bacon  
Chicken  
Turkey  
Lamb chops  
Roast lamb  
Tenderloin steak  
Brains  
Sweetbreads

#### Vegetables -

Asparagus  
Beets  
Carrots  
Eggplant  
Lettuce  
Lima beans  
Peas  
White potatoes  
Pumpkin  
Spinach  
Squash  
String Beans  
Tomatoes  
Cauliflower  
Parsnips

Avoid cabbage, corn, onions,  
turnips and rutabaga s.

#### Deserts -

Fruits  
Puddings  
Plain cookies  
Angel cake  
Sponge cake  
Jello  
Ice cream  
Ices



# DIET MANUAL

## SAMPLE MENUS

### BREAKFAST

Orange juice  
Baked apple  
Oatmeal  
Crisp bacon  
Poached eggs  
Toast  
Butter  
Coffee

### DINNER

Clear soup  
Escalloped brains  
Baked Potato  
Buttered string beans  
Avocado salad -  
French dressing  
Sliced pears  
Bread  
Butter  
Tea, coffee or milk

### SUPPER

Split pea soup  
Crackers  
Broiled tender-  
loin steak  
Toast  
Mashed potatoes  
Prune whip  
Hubbard squash  
Butter  
Tea, coffee or  
milk

### BREAKFAST

Orange juice  
Stewed rhubarb  
Cream of wheat  
Crisp bacon  
Scrambled eggs  
Toast  
Butter  
Coffee

### DINNER

Oyster stew  
Baked halibut  
Mashed potatoes  
Buttered spinach with  
eggs  
Pineapple and cottage  
cheese salad  
Caramel custard  
Toast  
Tea, coffee or milk  
Butter

### SUPPER

Scotch barley  
broth  
Crackers  
Roast Leg of  
Lamb  
Steamed rice  
Buttered beets  
Asparagus salad  
with mayonnaise  
Fruit Jello  
with whipped  
cream  
Toast  
Butter  
Tea, coffee or  
milk.

### BREAKFAST

Orange juice  
Stewed plums  
Flaked wheat  
Crisp bacon  
Coddled eggs  
Toast  
Butter  
Coffee

### DINNER

Vegetable soup  
Creamed sweetbreads  
on toast  
Mashed potatoes  
Broccoli with Hollan-  
daise sauce  
Fruit salad  
Boiled dressing  
Peach Bavarian cream  
Toast  
Butter  
Tea, coffee or milk

### SUPPER

Consomme  
Creamed chicken  
on toast  
Baked potato  
Buttered carrots  
Artichoke salad  
with mayonnaise  
Baked apple  
with whipped  
cream  
Toast  
Butter  
Tea, coffee or  
milk.



## DIET MANUAL

### SAMPLE MENUS

#### BREAKFAST

Orange juice  
Grape fruit  
Cream of wheat  
Crisp bacon  
Poached eggs  
Toast  
Butter  
Coffee

#### DINNER

Cream celery soup  
Crackers  
Broiled chicken  
Mashed potatoes  
Buttered peas  
Banana salad  
Vanilla ice cream  
Sugar cookies  
Toast  
Butter  
Tea, coffee or milk

#### SUPPER

Cream tomato soup  
Broiled lamb chops  
Mint jelly  
Creamed potato  
Fresh asparagus  
Whipped jello  
Toast  
Butter  
Tea, coffee or milk

### REGULAR, (GENERAL OR FULL), DIET

The general diet in this hospital is very liberal. Ordinarily the regular diet of a hospital provides for about 2500 calories per patient. The food in this diet is readily digestible. The articles selected for the menus insure proper antiketogenic-ketogenic ratio, adequate minerals, and vitamins A, B, D, E and C. The regular diet used in this hospital fills the above requirements, except that it is considered "heavier," providing from 3000 to 3500 calories per person. This is necessary because the personnel of the hospital are fed at the same mess as the ambulatory patients. It should be remembered that it is the regular diet that forms a basis for all the other diets. The construction of the regular diet menu is very important. In Part V is a handy table that is useful in making up the regular diet menus. In institutions where patients and personnel are subsisted from separate kitchens this form should be modified, somewhat, to better fit the needs of the regular diets for patients.

Below are some suggested menus which may easily be modified to suit conditions.

### SAMPLE MENUS

#### BREAKFAST

Dry cereal  
Stewed prunes  
Hot cakes  
Crisp bacon  
Maple syrup  
Toast  
Butter  
Coffee and milk

#### DINNER

Bread sticks  
Corn chowder  
Roast lamb  
Sweet potatoes  
Buttered peas  
Brown gravy  
Spiced cake  
Whipped cream  
Bread  
Butter  
Tea, coffee and milk

#### SUPPER

Veal croquettes  
Tomato sauce  
Lyonnaise potatoes  
Cottage cheese and walnut salad  
Mayonnaise  
Sliced fruit  
Bread and butter  
Tea, coffee and milk

# DIET MANUAL

## BREAKFAST

Cooked cereals  
Orange  
Creamed beef on toast  
Jelly  
Toast  
Butter  
Coffee and milk

## DINNER

Croutons  
English broth  
Pot roast of beef  
Brown gravy  
Dumplings  
Boiled potatoes  
Fried red cabbage  
Apple tapioca  
Bread and butter  
Tea, coffee and milk

## SUPPER

Grilled pork chops  
Creamed gravy  
German fried potatoes  
Sliced tomatoes  
Jelly layer cake  
Bread and butter  
Tea, coffee and milk

## BREAKFAST

Cooked cereal  
Baked apple  
Fried ham  
Hot biscuits  
Honey  
Toast and butter  
Coffee and milk

## DINNER

Bread sticks  
Potato chowder  
Spaghetti with  
mushroom sauce  
Braised beef  
Italian squash  
Rice pudding  
Lemon sauce  
Bread and butter  
Tea, coffee and milk

## SUPPER

Hot roast beef sandwich  
Brown gravy  
Mashed potatoes  
Shredded lettuce  
French dressing  
Chocolate cake  
Bread and butter  
Coffee and milk

## BREAKFAST

Dry cereal  
Pineapple juice  
French toast  
Syrup  
Pork sausage  
Toast and butter  
Coffee and milk

## DINNER

Croutons  
Pepper pot soup  
Fried scallops  
Tartar sauce  
Creamed parsley  
potatoes  
Spinach  
Pumpkin pie  
Bread and butter  
Tea, coffee and milk

## SUPPER

Baked veal loaf  
Spanish sauce  
Baked potatoes  
Cole slaw with sour  
cream dressing  
Jelly roll  
Bread and butter  
Tea, coffee and milk

## BREAKFAST

Dry cereal  
Tomato juice  
Fried eggs  
Crisp bacon  
Toast and butter  
Coffee and milk

## DINNER

Croutons  
Lentil soup  
Baked Virginia ham  
Raisin sauce  
Candied sweet potatoes  
Buttered peas and carrots  
Bread pudding with  
strawberry sauce  
Bread and butter  
Tea, coffee and milk

## SUPPER

Chicken a la king  
on toast  
Steamed rice  
Hearts of lettuce  
French dressing  
Apple cobbler  
Bread and butter  
Tea, coffee and milk

# DIET MANUAL

## BREAKFAST

Stewed rhubarb  
 Cream of wheat  
 Boiled ham  
 Hot corn bread  
 Toast and butter  
 Coffee and milk

## DINNER

Crackers  
 Split pea soup  
 Boiled corn beef  
     and cabbage  
 Boiled potatoes  
 Boiled onions  
 Steamed carrot  
     pudding  
 Lemon sauce  
 Bread and butter  
 Tea, coffee and milk

## SUPPER

Baked stuffed bell  
     pepper with toma-  
     to sauce  
 Hashed brown pota-  
     toes.  
 Combination salad  
 Steamed fig pudding  
 Foamy cream sauce  
 Bread and butter  
 Tea, coffee, milk

## BREAKFAST

Sliced pineapple  
 Dry cereal  
 Country sausage  
 Hot biscuits  
 Syrup  
 Toast and butter  
 Coffee and milk

## DINNER

Crackers  
 Chicken noodle soup  
 Fried chicken  
 Brown gravy  
 Whipped potatoes  
 Corn on cob  
 Asparagus salad  
 Mayonnaise  
 Ice cream  
 Macaroons  
 Bread and butter  
 Tea, coffee and  
     milk

## SUPPER

Cold assorted meats  
 Sliced American  
     cheese  
 Potato salad  
 Apple pie  
 Bread and butter  
 Tea, coffee and  
     milk





DIET MANUAL

PART II

SPECIAL

DIETS





## DIET MANUAL

### SPECIAL OR THERAPEUTIC DIETS

Great care should be exercised in prescribing therapeutic diets. Remember all these diets are designed for the disease or condition based on consistency, constituents and caloric content of the items of food permitted in the diets. Constituents, consistency and caloric content should be always foremost in our minds when ordering a therapeutic diet, rather than ordering a diet named for some person. If the total caloric content is adequate, all the constituents present and consistency changed as indicated to not only furnish normal requirements but increased or decreased in any of the above three essentials to fit the needs of the disease or condition treated, the patient will then and only then receive the benefit of dietotherapy. Many therapeutic diets have to be continued indefinitely and many others over a long period of time.

Such examples are diabetic diets, diets for peptic ulcer, Addison's disease, etc. There are many conditions requiring therapeutic diets that should be returned to regular diet as soon as the need for a special diet has passed.

When therapeutic diets have been prescribed and it is necessary for their continuance after the patient leaves the hospital, the appropriate diet pamphlet should be furnished him.

It is believed that there is included in this manual, sufficient therapeutic diets to cover the needs for most diseases treated here without further modification. In the interest of efficiency in administration, ward officers, as well as all other personnel concerned with dietary problems are urged to familiarize themselves with this manual so that further modifications of these diets and entirely new ones may be prescribed as infrequently as possible.

## DIET MANUAL

### CHAPTER V

#### ULCER DIETS

Gastric and duodenal ulcers that are to be managed by medical measures and those to be prepared for surgery by a period of dietary management, should follow a well outlined plan. In general, non-surgical cases may be benefitted by a combination of accepted remedial measures. They are listed in the order of their importance:

- (a) Rigidly enforced diet.
- (b) Absolute mental rest.
- (c) Absolute physical rest.
- (d) Medicines.

There are many diets used in the treatment of gastric and duodenal ulcers. Practically all of them employ milk and cream in the beginning, and by stages soft cooked eggs, cereal gruel, custards and vegetable purees are added. It is difficult to say one of these diets is superior to another. It is a fact that some are administered with greater ease than others. Since an important factor in all these diets is the manner of regularity of the feedings, it is to be expected that a diet that permits proper execution will be selected.

It must be remembered that a single diet will not be satisfactory in all cases. It is therefore necessary to have other non-surgical measures available.

It is believed that most cases not requiring surgery will respond to a modified Sippy diet. The few cases not responding, should then be tried on Smithie's non-surgical management. If both these diets have been given honest trials, it will be well worth while to recheck by X-ray, for in most instances it will be found they were really surgical cases in the beginning. One cannot expect proper response on any diet unless the cases have been properly diagnosed and classified. The modified Sippy diet outlined below is used here, and should be continued until something is proven to be superior.

The modified Sippy Diet, Convalescent Ulcer Diet and Post Hospitalization Ulcer Diet are all deficient in some vitamins, especially B and C. It is advisable to supplement them with orange juice, yeast and cod liver oil. It is not uncommon to find that orange juice is not well tolerated for the first few days after an acute exacerbation. In such cases orange juice should be omitted for a few days and then tried again. Tobasco should be prohibited indefinitely.

Convalescent Ulcer Diet should be continued indefinitely



## DIET MANUAL

after hospitalization. Peptic ulcer is a systemic disease and all the principles embraced in its management must be continued indefinitely if success in treatment is obtained. Salt, spices, pepper or other condiments must not be used. Postum is permitted in the Convalescent Ulcer Diet but coffee and tea should be avoided. At the end of the third week of the Modified Sippy Diet, the patient should be put on the Convalescent Ulcer Diet. During the first three weeks of treatment Sippy Powders should be used every hour midway between feedings and after the patient is on the Convalescent Ulcer Diet the "A" powders should be taken 1/2 hour before meals and "B" powders 1/2 hour after meals. These powders may be alternated as required for correction of constipation or diarrhea. Sippy powders are made as follows:

### SIPPY "A" POWDERS

Calcined Magnesia	10 grains
Sodium Bicarbonate	10 grains

### SIPPY "B" POWDERS

Calcium Carbonate	10 grains
Sodium Bicarbonate	30 grains

### MODIFIED SIPPY DIET

1st to 7th Day 7:00 A.M. to 9:00 P.M.	Cream and milk (half and half, 3 ounces every hour). Powders as directed. 60 cc orange juice three times a day if tolerated. Navitol or substitute and yeast tablets daily.
7th to 14th Day 7:00 A.M. to 9:00 P.M.	Cream and milk every hour from 7:00 A.M. to 9:00 P.M. except 7:00 A.M. and 5:00 P.M. Cooked cereal 6-oz. at 7:00 A.M. Custard or junket 4-oz. Powders as directed. 60 cc orange juice three times a day if tolerated. Navitol or substitute and yeast tablets daily.
14th to 21st day 7:00 A.M. to 9:00 P.M.	Cream and milk every hour. 7:00 A.M. to 9:00 P.M. except 7:00 A.M., 11:00 A.M. and 5:00 P.M. 60 cc orange juice three times daily if tolerated. Navitol or substitute and yeast tablets daily.

BREAKFAST 7:00 AM	DINNER 11:00 AM	SUPPER 5:00 PM
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Cereal 6-oz.  
One soft boiled or  
poached egg

Creamed soup 6-oz.	Apple saude or	
Custard junket or	junket 4-oz.	
apple sauce 4-oz.	Creamed rice 6 oz.	
	One tsp. sugar	
	Cream 2-oz.	



# DIET MANUAL

## CONVALESCENT ULCER DIET

Written instructions should be provided all ulcer cases when discharged from the hospital. This is known here as the Convalescent or Post Hospitalization Ulcer Diet. A pamphlet is furnished the patient on discharge. Construct menus from the following:

<u>FOODS</u>	<u>PERMITTED</u>	<u>AVOID</u>
BEVERAGES	Chocolate every second day Chocolate malted milk Cocoa Cream and hot water Egg nog Milk Milk with cream, half and half Milk with raw egg Milk shake Postum	Acid drinks Alcohol Any drink too hot or too cold Coffee Fruit drinks except sweet orange juice Tea
BREADS	Toast, well done from stale white or graham bread Zweiback	Bran Breads Fresh bread Hot biscuits Muffins
BUTTER	Moderate Amount. Salt-free preferable	
CEREALS	Cream of Wheat ) Cook in double Farina ) boiler at least Oatmeal ) 1 hour; oatmeal 2 hours. Corn Flakes Puffed Rice Rice Krispies Limit sugar to 1 tsp.	All bran cereals Corn meal mush
CHEESE	Cottage cheese, fresh Cream cheese	Avoid all others.
DESSERTS	Blanc Mange Bread pudding Custards Gelatin (plain) Ice Cream Rice pudding Sponge pudding	Desserts containing acid, all pastries, rich puddings.
EGGS	Baked, boiled (soft), coddled, creamed souffle, poached	Fried eggs Omelets

# DIET MANUAL

## (Convalescent Ulcer Diet Continued)

<u>FOOD</u>	<u>PERMITTED</u>	<u>AVOID</u>
MEAT FISH and FOWL .	Instructions regarding these usually state they should be avoided for the first three months, except two scraped beef balls alternating with a meat jelly once a day, and twice weekly, two slices of crisp bacon. After four months and for a period of ten months a small serving of white meat of chicken, creamed or baked, or broiled tender lamb chops or tenderloin, or baked or stewed young fowl or local fresh river or brook fish, boiled or baked are permitted. It is believed, however, that meats should be avoided for one year after discharge from hospital after which time the above regime may be instituted. If symptoms return, these meat dishes should again be dropped from the menu.	Any fish except as listed in the "Permitted" classification.
FRUITS	Apple sauce (strained) Baked apple without seed and skins Baked bananas Baked or stewed peaches or pears Stewed prune puree	All uncooked fruits containing a large amount of acid and those to which much sugar has been added.
NUTS		Avoid all
SALAD and SALAD DRESSING	Mayonnaise occasionally after three months	All others
SALT and CONDIMENTS	May have very sparingly.	All others
SOUPS	Cream of vegetable and purees only	Bouillon Beef broths and Meat soups
SWEETS		All candy, jams, sundaes, etc.
VEGETABLES	Asparagus (fresh tender) Beans Carrots Peas These must be well cooked and fiber removed and strained. Potatoes, plain boiled, creamed, mashed, riced. Steamed rice is permitted.	All raw or coarse vegetables. Tomatoes should be avoided for at least one year.

## DIET MANUAL

### SAMPLE MENUS

#### (Convalescent Ulcer Diet)

##### Breakfast

7:00 to 8:00 A.M.      Prune puree or sweet orange juice, or apple sauce  
Six ounces of Cream of Wheat or Farina.  
Three ounces of cream.  
One teaspoonful sugar.  
One piece of zweiback or stale bread toast.  
One soft cooked egg.  
Postum, or a glass of milk.  
Two ounces of orange juice.  
Glass of milk or malted milk.

10:00 A.M.      Glass of milk or malted milk.

##### Dinner

(12:00 Noon)      Cream vegetable soup or puree.  
Baked potato.  
One square fresh butter.  
One serving well cooked vegetable puree.  
One slice of bread or toast.  
One serving of custard.  
Two ounces orange juice.

3:00 P.M.      Glass of milk or malted milk.

6:00 P.M.      Milk toast.  
Poached egg.  
Baked apple, (skin removed), with cream and sugar.  
One cup of postum.  
Two ounces orange juice.

9:00 P.M.      Glass of milk or malted milk.

#### NON-SURGICAL MANAGEMENT OF PEPTIC ULCER BY PHYSIO- LOGICAL REST AND DIET (Modified After the Method of Smithie)

This method of treatment is very helpful in some cases that do not respond to other methods of management. Hemorrhage will cease in most bleeding ulcers and at the conclusion of two days on hemorrhage treatment a point has been reached when a decision has to be made on the form of medical management used. If hemorrhage has ceased and the patient shows improvement by this time the usual Sippy management will suffice. If there is continuation of hemorrhage either massive or slow, better results are usually obtained by the use of the Smithie's Non-Surgical Management if it has already been decided that surgery is not to be instituted. Response may be expected by this treatment in a few cases when there are no apparent reasons for surgery and after all other methods of management have failed. The objections to its use are all connected with its administration and because of this, a switch back to the Sippy management is frequently made after the condition of the patient justifies it.



## DIET MANUAL

Days; 1 to 7

By mouth: (1) Give 15 cc of warm water by mouth every two hours when awake. Follow this each time by chewing paraffin wax 15 minutes.

(2) Orange juice 60 cc at 9:00 A.M., 2:00 P.M., and 7:00 P.M.

By rectum: (1) Nutrient enema at 8:00 A.M., 12:00 noon, 4:00 P.M. 8:00 P.M.

Enema will consist of alcohol 50%, 30cc; glucose syrup, 30 cc normal saline, 180 cc.

These enemas will be preceded by a cleansing enema of normal saline solution. The nutrient enema will follow by the drip method at the rate of 30 to 60 drops per minute. If there is pain or spasm 10 drops of tincture of opium may be added to the nutrient enema the first two days.

GENERAL: If there is much epigastric soreness, hot compresses constantly to the abdomen should be applied with the following solution:

Alcohol 50%	500 cc
Sat. Sol. Boric acid	1000 cc

Days; 7 to 14

By mouth: (1) Chew paraffin wax 15 minutes before each oral feeding.

(2) Give feedings of 180 cc at 7:00 AM, 11:00 AM, 3:00 PM and 7:00 P.M.

Feedings to consist of gruel at a temperature 180 degrees F, taken slowly through a glass tube. Gruel is made into an emulsion by the addition of a small amount of arrowroot or cornstarch and flavored with coffee, vanilla or chocolate. Make gruels from any of the following:

Rice	Sago
Cream of Wheat	Peas
Oatmeal	Cauliflower

(3) Sixty cc warm water or orange juice at 9:00 AM, 1:00 PM and 5:00 PM.

By rectum:

1st and 2nd days - Nutrient enema 9:00 AM, and 5:00 PM.

3rd and 4th days - Nutrient enema at 8:00 AM.

5th, 6th and 7th days - No rectal feedings in average cases.

## DIET MANUAL

### Days; 14 to 21

- 5:00 AM. A glass of hot water and one teaspoonful non effervescent sodium phosphate.
- 6:00 AM. Sweet orange or grapefruit juice 30 cc.  
Thin cream of wheat, farina or well cooked rice, 60 cc.  
Hot milk 60 cc.  
One zweiback with a thin layer of butter.  
Parboiled skimmed milk 60 cc containing 60 cc of lime water, flavored with vanilla, chocolate or coffee, 120 cc.
- 9:00 A.M. Thin water gruel from cereals, or fresh vegetables, strained, served hot - 180 cc.  
One zweiback.
- 11:00 A.M. Vegetable purée 180 cc (from asparagus, bean, peas or potatoes).  
Salisbury steak 4 oz. (moderately cooked). To chew only.  
Pudding 2 oz. (from rice, sago, tapioca or corn starch using parboiled milk and egg yolk).  
Parboiled milk 150 cc, lime water 30 cc-180 cc.
- 2:00 PM. Malted milk or whipped egg with parboiled milk, or corn starch pudding or simple custard - 120 cc.
- 4:00 PM. Water gruel from cereal - 120 cc.  
Egg, soft poached or boiled - 1.  
Milk, hot - 120 cc.  
Zweiback - 1.
- 6:00 PM. Hot milk - 120 cc.  
Zweiback - 2.
- 9:00 PM. Cereal gruel - 180 cc.  
Graham crackers - 2.

### Days; 21 to 42

- 5:00 AM. Two teaspoonfuls non effervescent sodium phosphate in a glass of warm water.
- 6:00 AM. Juice from one sweet orange.  
Thin cereal 60 cc with 60 cc skimmed milk.  
One soft poached or boiled egg.  
Zweiback 2 or-  
Graham bread 2 slices well toasted.  
Hot skimmed milk, (1/4 of which is lime water), 240 cc.
- 9:00 AM. Parboiled milk, (1/4 of which is lime water), 240 cc.  
Graham crackers - 2.
- 11:00 A.M. Strained vegetable soup - 120 cc.  
Rare steak to chew - 4 to 6 oz.  
Well mashed potato, baked potato, carrot, beans, peas, or cauliflower strained, and 15 grams of butter added-120 cc.

# DIET MANUAL

11:00 AM (Continued)

Pudding of rice, sago, or cornstarch or cream of wheat,  
custard or prune whip - 120 cc.

Skimmed milk - 240 cc.

2:00 PM. Hot milk, malted milk or weak cocoa - 240 cc.

Lime water - 60 cc.

4:00 P.M. Zweiback 2 or-

Graham bread toasted 2 slices

Eggs, soft poached - 2.

Apple sauce, baked apple or sweet orange juice - 100 cc.

Hot milk - 240 cc.

9:00 PM. Hot milk, malted milk or weak cocoa - 240 cc.

Lime water - 60 cc.

After finishing the above diet, the patient, if not relieved, should go back to the 7 to 21 day diet. If symptom free, the general diet below should be strictly followed for three months.

6:00 AM. Toast without butter - 2 slices.

Juice of an orange, apple sauce or baked apple.

One dish cooked cereal.

Two soft poached eggs.

9:00 AM. Whole milk to which has been added 45 cc cream - 240 cc.

11:00 AM. (To be heavy meal of the day).

May have average serving with choice of one meat, vegetable and dessert of the following:

## MEATS

## VEGETABLES

## DESSERTS

White meat of fowl

Rare beef

Rare hamburger

Lamb Chops

Spinach

String beans

Brussel sprouts

Baked or mashed  
potato

Simple puddings

Gelatin

Simple cakes

Well cooked fruit  
purees

Graham bread

Hot skimmed milk - 240 cc.

2:00 PM. Bouillon - 1 cup.

Graham crackers - 2.

4:00 PM. (Light meal) -

Vegetable soup

Simple salad

Toast

Soft cooked eggs

Plain pudding or cake

Hot skimmed milk 240 cc.

9:00 PM. Hot skimmed milk - 240 cc.

It is often satisfactory to put the patient on the convalescent ulcer diet after finishing the 42 day Smithie diet.



## DIET MANUAL

### BLAND DIET

This diet is used in many gastrointestinal conditions. It is also useful in certain stages of recovery from many diseases. The fruits and vegetables should always be well cooked and those used should contain only a small amount of indigestible residue. This diet is not a substitute for ulcer diets at any stage of the treatment of ulcer. It should be remembered that the diet must be kept bland. Avoid all fried, greasy, highly spiced and seasoned foods. Mustard, pepper, vinegar, ketchup, horseradish and relishes are not permitted. Canned, smoked and preserved meats and fish must not be used. Pork and all raw vegetables and fruits, pastries, preserves and candies have no place in this diet. Alcohol in all forms, carbonated waters, tea and coffee must also be avoided and do not use bran in any form.

If diet is to be continued after hospitalization a diet pamphlet outlining the diet should be furnished the patient.

**BREADS:** May have: White bread if not too fresh, toast, hard rolls, white crackers, spaghetti, macaroni and noodles.

Avoid: All others including those containing bran.

**CEREALS:** May have: All well cooked cereals and the ready cooked ones except those containing bran.

Avoid: All cereal preparations containing bran.

**CHEESE:** May have: Cream and cottage.

Avoid: All others.

**DESSERTS:** May have: Plain puddings of rice, tapioca, bread, cornstarch, and jello, sponge cake, plain cookies, junket and ice cream.

Avoid: All others, including those containing nuts, dates, coconut and raisins.

**DRINKS:** May have: Milk, malted milk, orange juice and postum.

Avoid: All others.

**EGGS:** May have: Boiled, poached or scrambled.

Avoid: Fried and in any form if cooked with fat.

**FRUITS:** May have: Cooked pears, prunes, peaches, plums, apple sauce and apricots. Use the juice of at least one orange daily.

AVOID: All uncooked fruits and all fruits with seeds and heavy skins.

## DIET MANUAL

### (Bland Diet Continued)

**MEAT:** May have: Veal steak, lamb chop and steak if broiled, roast beef broiled or roast chicken, plain sweetbreads, baked or broiled fish and crisp bacon.

Avoid: all others.

**MILK** May have: At least a pint of milk daily. Butter and cream may  
**AND** be taken as desired.

**BUTTER**

**SOUPS:** May have: Cream soup and meat broth.

Avoid: All others .

**VEGETABLES:** May have: Potatoes, peas, asparagus tips, spinach, squash, beets and carrots. All must be well cooked. May have very finely chopped lettuce.

Avoid: All vegetables containing much indigestible residue, Cabbage, onions, turnips, cauliflower and parsnips and also all uncooked vegetables except very finely chopped lettuce.

### SAMPLE MENUS

#### BREAKFAST

Orange Juice  
Cream of Wheat  
Egg  
Toast and butter  
Crisp bacon  
Milk or postum

#### DINNER

Cream Soup  
White Crackers  
Lamb Chop  
Mashed Potatoes  
Toast and butter  
Ice Cream  
Milk or Malted Milk

#### SUPPER

Broiled Steak  
Baked Potato  
Asparagus Tips  
Bread and Butter  
Stewed Apricots  
Milk  
Baked Custard

## DIET MANUAL

### CHAPTER VI

#### RETENTION DIET

Goods constituting a retention diet should be of such consistency that they can be aspirated if necessary. Milk, (especially boiled milk), and cream are likely to form large curds, unless diluted with other materials such as malted milk, chocolate or egg white.

The protein needs will be sufficient if eggs, milk, cocoa and jello are used adequately.

The total caloric intake will be variable depending on ability of patient to retain the food ingested, and amount, type and concentration of food given. If a high caloric diet is desired pastry cream, 40% and lactose may be added to the feedings frequently enough to bring the total caloric intake to the desired amount.

The nurse should prepare these diets and exercise care in amounts served. The amount consumed at each serving should be charted. Foods should be served at hours specified, and effort made to serve the food in an attractive manner. The patient's preference should be followed when it does not conflict with the diet order. Hot food should be served very hot, and cold food very cold. Retention diets furnish very little residue and constipation is the rule. No attempt should be made to correct this by dietary measures. Feedings should be limited to 200 cc each and repeated every two hours during the day. Most patients requiring retention diets are dehydrated and poorly nourished, having lost their appetites and considerable weight. If it becomes necessary to continue a retention diet over a prolonged period, orange or tomato juice and 2 cakes of yeast dissolved in hot water should be given daily.

The following foods are suitable for retention diets when properly prepared:

- Strained cooked cereals with cream and sugar.
- Postum with cream and sugar.
- Cocoa when made with half milk and half cream (20% cream).
- Malted milk when made with half milk and half 20% cream.
- Chocolate milk when made with half milk and half 20% cream.
- Eggnog when made with half milk and half 20% cream.
- Plain ice cream.
- Plain jello with 20% cream.
- Junket with 20% cream.
- Strained cream soups.

Retention diets are useful in many gastro-intestinal diseases especially those presenting evidence of partial functional, or organic



# DIET MANUAL

obstruction anywhere in the gastro intestinal tract. These diets are most often used where there is partial obstruction in the duodenum and pyloric end of the stomach. The following retention diets are satisfactory for ordinary purposes:

## \* RETENTION DIET NO. 1

TIME	FOOD	AMOUNT				CALORIES (Aprx)
		CC	C	P	F	
6 AM	Postum with cream	200	2	1	6	66
8 AM	Gruel with cream and sugar	200	21	4	21	289
10 AM	Jello with cream	200	15	6	20	264
12 M	Cream Soup	200	11	6	24	284
2 PM	Malted milk	200	15	7	24	305
4 PM	Cocoa	200	16	7	28	340
6 PM	Gruel, cream and sugar	200	21	4	21	289
8 PM	Eggnog	200	15	12	30	387
	Total	1600	116	47	174	2215

## \* RETENTION DIET NO. 2

TIME	FOOD	AMOUNT				CALORIES (Aprx)
		CC	C	P	F	
6 AM	Cocoa	200	16	7	28	340
8 AM	Gruel, cream and sugar	200	21	4	21	289
10 AM	Malted milk	200	15	7	24	305
12 M	Cream soup	200	11	6	24	284
2 PM	Postum & cream	200	2	1	6	66
4 PM	Eggnog	200	15	12	30	378
6 PM	Gruel, cream and sugar	200	21	4	21	289
8 PM	Junket	200	15	6	8	156
	Total	1600	116	47	162	2107

## \* RETENTION DIET NO. 3

TIME	FOOD	AMOUNT				CALORIES (Aprx)
		CC	C	P	F	
6 AM	Hot Chocolate	200	21	8	28	365
8 AM	Gruel, cream and sugar	200	21	4	21	289
10 AM	Cocoa	200	16	7	28	340
12 M	Cream Soup	200	11	6	24	284
2 PM	Junket	200	15	6	8	156
4 PM	Postum with cream	200	2	1	6	66
6 PM	Gruel, cream and sugar	200	21	4	21	289
8 PM	Jello with cream	200	15	6	20	264
	Total	1600	122	42	156	2053

\*Department of Nutrition, St. Mary's Hospital, Rochester, Minn.

## DIET MANUAL

### CHAPTER VII

#### ANTICONSTIPATION DIETS

These diets are intended for use in correction of constipation that is caused by many factors. They should be used in their proper places after the cause of constipation has been determined.

Habit becomes a factor in constipation even though some organic lesion is present, and may be corrected by the proper diet after the organic lesion has been removed. It is, therefore, important to definitely determine the cause of the constipation first, and any removable etiological factors corrected, after which a proper diet, medication and hygienic living should give relief. Some anticonstipation diets will call for a large amount of cellulose or indigestible residue. The total protein intake is not changed. If the patient is under weight, it is necessary to prescribe another type of anticonstipation diet. Such a diet would contain less cellulose, a large amount of fat, with no change in carbohydrate and protein intake. The total caloric intake would be increased about 50%. Diets containing a large amount of indigestible residue would not be prescribed when the constipation is due to an irritable colon.

#### ANTICONSTIPATION DIET (A.C. DIET)

This type of diet is used when no cause for the constipation can be found. It is high in cellulose content with no change in total caloric and protein intake. The diet for the first one, two or three months should consist chiefly of cooked fruits, cooked vegetables, coarse breads and coarse cereals. Raw fruits, raw vegetables may be added gradually after two or three months. If this diet becomes objectionable the amount of fruits and vegetables may be decreased gradually as the constipation is relieved. Otherwise, it should be continued until there is proper response. Continuation of this diet will be required after hospitalization and the appropriate diet pamphlet should be furnished when discharged.

#### BEVERAGES -

May have: Fruit juice, postum, coffee, tea, milk, buttermilk.

#### BREADS -

May have: Graham, bran, rye, whole wheat, raisin, nut bread or muffins.

Avoid: Cornbread, white breads and crackers.

## DIET MANUAL

### BUTTER AND OLIVE OIL-

May have: As much as desired - the more eaten the better unless the patient is inclined to be obese.

### CEREALS -

May have: Oatmeal, pottijohn, bran breakfast foods, any of the coarse cereals. Cream and sugar with all cereals.

Avoid: Cream of Wheat, Farina, and Grape-nuts.

### CHEESE -

May have: Fresh creamed cottage cheese.

Avoid: All others.

### DESSERTS -

May have: Gelatin desserts, sherbets, ices, ice cream and all kinds of fruit desserts. Desserts may be served with whipped cream.

Avoid: All custards, pies and puddings containing a large amount of crackers, bread and eggs.

### EGGS -

May have: One or two soft boiled eggs daily.

Avoid: Eggs in large quantities.

### FRUITS -

May have: Stewed - all kinds, especially prunes, figs, apples. Raw - especially figs, dates, plums, apples, prunes, oranges, peaches, berries, pears and grapes.

Avoid: Bananas.

### MEATS -

May have: Crisp bacon, lamb chops, steaks, chops, chicken or fish; moderate servings.

### NUTS:

May have: A few (any kind), daily.



## DIET MANUAL

(Anticonstipation Diet A.C. Diet Contd)

### SALADS -

May have: All kinds of fruit and vegetable salads.

Avoid: Chicken, lobster, fish, cheese, egg and meat salads.

### SALAD DRESSINGS -

May have: Any kind and in as large quantities as desired.

Avoid: highly seasoned salads or dressings.

### SOUPS -

May have: Vegetable, vegetable bouillon, purees and cream soups.

Avoid: Meat soups and meat bouillon.

### VEGETABLES -

May have: All kinds and in as large quantities as desired.

The following are generally used: Carrots, turnips, rutabagas, parsnips, beets, spinach, dandelion, greens, string beans, green peas, egg plant, celery, lettuce, cucumber, radishes, tomato and cabbage.

### WATER:

Drink three glasses before breakfast, between meals and before retiring.

### SAMPLE MENUS

#### BREAKFAST

Stewed prunes  
Oatmeal  
Graham muffins  
Bacon  
Cream  
Butter  
Coffee

#### DINNER

Vegetable soup  
Baked potato  
Tenderloin steak  
Buttered carrots  
Waldorf salad  
Raisin bread  
Butter  
Fruit jello  
Whipped cream  
Milk  
Cream  
Tea or coffee

#### SUPPER

Fruit cocktail  
Broiled lamb chops  
Mashed potatoes  
Buttered asparagus  
Head lettuce salad  
1000 Island Dressing  
Graham bread  
Butter  
Cake  
Tea or coffee

# DIET MANUAL

(Anticonstipation Diet A.C. Diet Sample Menus Cont'd)

## BREAKFAST

Grapefruit  
Bran cereal  
Poached eggs  
Bacon  
Graham bread toast  
Butter  
Coffee

## DINNER

Cream of celery soup  
Swiss steak  
Buttered peas  
Mashed potatoes  
Cold slaw salad  
Whole wheat muffins  
Sliced fruit  
Milk  
Butter  
Tea or coffee

## SUPPER

Vegetable bouillon  
Baked ham  
Sweet potatoes  
Buttered Carrots  
Shredded lettuce salad  
Mayonnaise  
Whole wheat bread  
Orange sherbert  
Butter, cream  
Tea or coffee

## BREAKFAST

Orange  
Corn flakes  
Soft boiled eggs  
Bacon  
Whole wheat toast  
Butter  
Coffee

## DINNER

Cream of pea soup  
Broiled chicken  
String beans  
Mashed potatoes  
Celery  
Cabbage pickled beet  
salad  
Raisin bread  
Fruit jello  
Butter  
Milk, tea or coffee

## SUPPER

Broiled lamb chops  
Stewed rice  
Boiled rutabagas  
Head lettuce salad  
Mayonnaise  
Whole wheat bread  
Ice Cream  
Butter  
Tea or coffee

## BREAKFAST

Orange juice  
Stewed figs  
Bran cereal  
Scrambled eggs  
Bacon  
Graham muffins  
Butter  
Coffee

## DINNER

Cream asparagus soup  
Broiled trout  
Baked potato  
Buttered peas and  
carrots  
Graham rolls  
Pineapple-lettuce  
salad  
Baked apple  
Whipped cream  
Butter  
Tea or coffee

## SUPPER

Fruit cocktail  
Boiled beef  
Cabbage  
Buttered beets  
Combination salad  
Rye bread  
Fresh plums  
Milk  
Butter  
Tea or coffee

# DIET MANUAL

## (Anticonstipation Diet (A.C.Diet) Sample Menus, Cont'd)

BREAKFAST	DINNER	SUPPER
Pineapple juice	Cream tomato soup	Vegetable bouillon
Oatmeal	Veal cutlets	Broiled steak
Stewed prunes	Creamed potato	Baked potato
Sausage patties	String beans	Spinach
Graham muffins	Whole wheat bread	Graham bread
Honey	Grated carrot salad	Waldorf salad
Butter	Prune puree	Ice cream
Coffee	Whipped cream	Butter
	Butter	Milk
	Tea or coffee	Tea or coffee
BREAKFAST	DINNER	SUPPER
Grapefruit	Cream of potato soup	Fruit cocktail
Shredded wheat	Roast lamb	Chicken a-la-king
Bacon	Mashed potatoes	Baked potato
Soft boiled eggs	Buttered carrots	Baked squash
Whole wheat toast	Molded fruit salad	Raisin bread
Butter	Graham bread	Tomato-lettuce salad
Coffee	Baked apple	Mayonnaise
	Whipped cream	Fruit jello
	Buttermilk	Butter
	Tea or coffee	Milk
		Tea or coffee
BREAKFAST	DINNER	SUPPER
Sliced oranges	Puree of bean soup	Vegetable soup
Baked apple	Tenderloin steak	Roast veal
Corn flakes	Creamed potato	Steamed rice
Graham bread toast	String beans	Buttered beets
Bacon	Combination salad	Graham bread
Coddled eggs	Whole wheat bread	Apple sauce
Butter	Orange sherbert	Butter
Coffee	Butter	Milk
	Milk	Tea or coffee
	Tea or coffee	



## DIET MANUAL

### ANTICONSTIPATION DIET FOR IRRITABLE COLON

#### (A.C.I.C. DIET)

This diet is for the purpose of correcting constipation observed in the irritable colon. It is also useful in cases of simple colitis. If there is marked irritability or the colitis is severe, omit.

- (1) Meat, fish, chicken
- (2) Cream cheese
- (3) Apple sauce
- (4) Plain cakes
- (5) Potatoes
- (6) Rice, spaghetti, noodles, etc.

As soon as the acute stage has subsided, these items should be again added to the diet. For the general case, the following diets will be found satisfactory. Avoid, however, raw vegetables and fruits at all times. Highly seasoned foods should never be taken. A moderate amount of salt may be used. It should be remembered that fruits and vegetables containing a large amount of roughage are also irritating and must be avoided. Foods that contain considerable cellulose will be well tolerated if properly cooked and pureed. By this process most of the irritating particles are eliminated. Avoid all fried foods, vinegar and highly seasoned food. The appropriate diet pamphlet outlining this diet should be furnished the patient on discharge from the hospital.

BEVERAGES - May have: Orange juice, postum, coffee, tea, milk buttermilk, chocolate, cocoa.

Avoid: All others.

BREADS - May have: Toasted white bread, white bread, hot biscuits (crusts only).  
Avoid: Muffins, graham, whole wheat, rice and all others containing bran.

BUTTER AND  
OLIVE OIL - Moderate amount is permitted.

CEREALS - May have: Farina, food of wheat, Cream of Wheat, sieved oatmeal or rolled oats.

Avoid: Shredded wheat biscuits, bran flakes or any other cereals containing a large amount of bran.

CHEESE - May have: Fresh cream cottage cheese.

Avoid: All others.

## DIET MANUAL

### Anticonstipation Diet for Irritable colon- A.C.I.C. Diet)

- DESSERTS -** May have: Simple puddings, custards, ice cream, jello plain cake and stewed fruits that have been sieved. Sugar is permitted but do not take too much. Stewed berries may be used by thickening the juice with corn-starch.
- Avoid: Cheese, nuts, raisins, jams, jellies, candies, raw fruits, and sugar in concentrated form.
- EGGS:** May have: Soft boiled, poached, coddled or scrambled. Moderate quantities permitted.
- FRUITS:** May have: Stewed fruits that have been sieved.
- Avoid: Canteloupes, melons and bananas.
- MEATS:** Moderate servings of meat, fish, oysters, chicken or squab permitted. (Cook simply).
- Avoid: Fibrous particles of all meats, all smoked fish, canned fish and pork.
- NUTS:** Avoid: All.
- SALADS:** Avoid: All.
- SOUPS:** May have: Broths, bouillon, cream soups and chowder.
- Avoid: Those containing large particles of coarse vegetables and fibrous particles of meats.
- VEGETABLES:** May have: Potatoes, rice, sweet potatoes, hominy, spaghetti, macaroni, noodles, Italian pastes, tender asparagus tips, puree of peas, lentils, lima beans and artichoke hearts.
- Avoid: Spinach and older string beans.

SAMPLE MENUS		
BREAKFAST	DINNER	SUPPER
Orange juice	Cream of pea soup	Scraped beef balls
Food of Wheat	Roast beef	Boiled rice
Coddled eggs	Baked potato	Sieved peas
Bacon	Asparagus tips	White bread
Toasted white bread	White Bread	Ice cream
Butter	Jello	Milk
Coffee	Milk	Butter
	Butter	Tea or coffee
	Tea or coffee	



## DIET MANUAL

Anticonstipation Diet for Irritable Colon  
A.C.I.C. Diet  
Sample Menus Cont'd

BREAKFAST	DINNER	SUPPER
Orange juice	Cream of potato soup	Cream of celery soup
Farina	Creamed chicken	Roast Lamb
Soft scrambled eggs	Toasted white bread	Mashed potato
Bacon	Rice	Puree of lima beans
Toasted white bread	Puree of peas	White bread
Butter	Boiled custard	Butter
Coffee	Butter	Milk
	Milk	Prune whip
	White bread	Tea or coffee
	Tea or coffee	

### ANTICONSTIPATION, HIGH FAT, LOW RESIDUE DIET

Many patients suffering from chronic constipation due to an irritable colon are underweight. It is necessary to keep down to the minimum the amount of indigestible residue. There should be no marked change in protein intake. The carbohydrates are reduced somewhat below that noted in the Anticonstipation Diet for the Irritable Colon. Fats in the form of cream, butter, oils, mayonnaise should be increased 250 to 300 grams daily. In other respects these two diets are identical. This diet properly constructed will contain 2800 to 3500 calories. Since there is some reduction in the total carbohydrate intake and a marked increase of ingested fats, the antiketogenic-ketogenic ratio should be checked by the Ward Officer to assure himself the ratio is a safe one to use. In prescribing the diet the total caloric intake and the number of grams of carbohydrates desired should be stated.

BEVERAGES - May have: Orange juice, Postum, coffee, tea, milk, buttermilk, chocolate and cocoa.

Avoid: All others.

BREADS - May have: Toasted white bread, white bread, and crusts only of hot biscuits.

Avoid: Muffins, graham or whole wheat, rice and all others containing bran.

BUTTER AND OLIVE OIL - Use freely.

CEREALS - May have: Farina, Food of Wheat, Cream of Wheat, sieved oatmeal or rolled oats.

Avoid: Shredded Wheat biscuits, Bran Flakes or any cereal containing a large amount of bran.



## DIET MANUAL

(Anticonstipation, High Fat, Low Residue Diet)

**CHEESE** -- May have: Fresh cream cotta ge cheese.

Avoid: All others.

**DESSERTS** -- May have: Simple puddings, custards, ice cream, jello, plain cake and stewed fruits that have been sieved. Sugar is permitted but do not take too much. Stewed berries may be used by thickening the juice with cornstarch.

Avoid: Cheese, nuts, raisins, jams, jellies, candies, raw fruits, and sugar in concentrated form.

**EGGS** -- May have: Soft boiled, poached, coddled or scrambled in moderate quantities.

**FRUITS** -- May have: Stewed fruits that have been sieved.

Avoid: Canteloupe, melons and bananas.

**MEATS** -- May have: Moderate servings of meat, fish, oysters, chicken, and squabs.

Avoid: Fibrous particles of all meats, all smoked fish, canned fish and pork.

**NUTS** -- Avoid: All.

**SALADS** -- Avoid: All.

**SOUPS** -- May have: Cream soups and chowder.

Avoid: All those containing large particles of coarse vegetables and fibrous particles of meats.

**VEGETABLES** -- May have: Potatoes, rice, sweet potatoes, hominy, spaghetti-macaroni, noodles, Italian pastes, tender asparagus tips, puree of peas, beans, lentils, lime beans and artichoke hearts.

Avoid: Spinach and older string beans.

The meals and servings should be arranged as follows:

BREAKFAST	DINNER	SUPPER
Orange juice, one glass	Cream of pea soup, 1 serv.	Cream of celery soup
Food of Wheat	Roast beef, " "	Scraped beef balls, two
Coddled eggs, two	Baked potato " "	Boiled rice, one serv.
Bacon, two slices	Asparagus tips " "	Sieved peas, " "
Toasted white bread --1	White Bread 1 slice	White bread, 1 slice
Butter, use freely.	Jello, one serving	Ice cream, one serv.
Cream (table) 30 cc	Milk, one glass	Butter, use freely.
Coffee, one cup	Cream, 30 cc	Milk, one glass
	Butter, use freely	Cream 30 cc
	Tea or coffee, one cup	Tea or coffee, one cup

## DIET MANUAL

### CHAPTER VIII

#### HIGH CALORIC DIET

High caloric diets are used for many purposes. The energy content of the food must be increased 30% to 100%, depending upon the disease, above that contained in the regular or full diet. This increase may be effected in several ways. The regular diet may be eaten in larger portions. Concentrated foods such as butter, cheese, candy, mayonnaise, jellies, jams, honey, syrup, etc., may be added to the regular diet or the number of meals eaten daily may be increased. The high caloric diet must be further modified to suit the requirements of the disease for which it is prescribed. A high caloric diet prescribed for typhoid fever is unlike in consistency one for underweight. Either of these diets would probably differ from a high caloric diet for an advanced stage of malnutrition. The protein content in this diet is increased about 10% to 15% in wasting diseases and active infections. The remainder of the high caloric content is made up of carbohydrates and fats. Carbohydrates will increase weight rather quickly as well as furnish immediate energy. In some diseases where intestinal fermentation is a factor, carbohydrates may have to be reduced and a large part of the increased caloric intake made up from fats. Here again, it is important that the antiketogenic-ketogenic ratio be checked, and the diet ordered by stating the total calories and the number of grams of carbohydrate desired in the diet.

When the high caloric diet is prescribed without qualification the regular diet will be used plus the following in sufficient amount to increase the total caloric intake about 30%. This increase should be in carbohydrates and fats, principally, and each one increased approximately the same number of grams.

To obtain a high caloric diet add to the regular diet one or more of the following at each meal and between meals:

#### BREAKFAST

Jams  
Jellies  
Honey  
Syrup  
Extra cream  
Sweetened fruit  
juices

9:30 AM-  
Malted milk

#### DINNER

Extra cream  
Ice cream  
Lactose  
Custards  
  
3:00 PM -  
Malted milk

#### SUPPER

Sweetened fruit juices  
Extra cream  
Rich puddings  
Rich custards  
Ice cream  
Glucose  
  
9:00 PM-  
Milk and cream,  
half and half

The above diet is known as the standard high caloric diet. If there is no desire to change the consistency but a higher caloric intake is desired, state the calories wanted, viz. High Caloric Diet-Calories 3500, CHO 250 grams. Such an expression calls for the regular



## DIET MANUAL

### (High Caloric Diet Cont'd)

diet plus enough of the above concentrated foods to make the 3500 calories. It is noted that the carbohydrates are limited to 250 grams, therefore, the fats must be increased sufficiently to make up the balance.

### HIGH CALORIC LIQUID DIET

This diet is used initially in some intestinal diseases, such as typhoid fever and certain infections. The same may be said of this form of liquid diet as any other liquid diet, which is to remove patient from it as soon as it is safe. The logical stages a patient passes through when put on the high caloric, liquid diet are as follows:

- (a) High caloric, liquid diet
- (b) High caloric, soft diet
- (c) High caloric, regular diet.

In some acute infections and intestinal diseases of short duration it is safe to proceed from high caloric, liquid diet to a regular diet.

The following sample menus indicate construction and administration of the high caloric, liquid diet. It will be noted that the usual liquid diet has been supplemented by other concentrated liquids.

### SAMPLE MENUS

BREAKFAST	DINNER	SUPPER
Strained orange juice	11:00 AM-	5:00 PM-
Milk and cream (half and half)	Milk and cream (Half and half)	Cream potato soup (strained)
Lactose 15 Gm	Lactose 15 Gm	Milk and cream
Kaffee hag or Sanka	Cream pea soup (strained)	(half and half)
9:00 A M-	Boiled egg custard	Lactose 15 Gm
Malted milk		Plain ice cream
Lactose 15 Gm	1:00 PM-	
	Eggnog	7:00 PM-
		Malted milk
	3:00 PM-	
	Cocoa milk	9:00 PM-
	Lactose 15 Gm	Eggnog

Such a high caloric diet as the above will not fit all cases. It must be modified to suit the particular need. Items not permitted in a certain disease must be mentioned as forbidden articles when prescribing the diet. From the list below may be obtained articles suitable for variety to fit any need when combined with the usual liquid diet:



## DIET MANUAL

### (High Caloric Liquid Diet Cont'd)

All strained cream soups  
Plain ice cream and ices  
Gelatin  
Fruit juices  
Carbonated drinks  
Cocoa and malted milk  
Whipped cream

### HIGH CALORIC, SOFT DIET

This diet contains the articles in the high caloric, liquid diet plus the usual soft diet, except that all meats, cakes and cookies should be omitted in those suffering from interic diseases.

### SAMPLE MENUS

BREAKFAST	DINNER	SUPPER
Pureed fruit	Strained soup	Strained soup
Cream of Wheat	Crackers	Scalloped sweet breads
Eggs	Roast chicken	Pureed buttered peas
Toast with butter	Mashed potato	Mashed sweet potato
Crisp bacon	Pureed carrots	Toast and butter
Milk and cream	Toast and butter	Apple sauce with whipped cream
10:00 AM-	Milk and cream	Milk and cream
Orange juice	Ice cream	Custard
	3:00 PM-	9:00 PM-
	Tomato juice	Eggnog

### HIGH CALORIC, REGULAR DIET

Without further qualifications, this diet can be the regular house diet plus jams, jellies, honey, syrup, lactose, sweetened fruit juices, custards, extra cream, etc., sufficient to make an additional 30% total caloric increase above that in the normal diet. There are no items to be avoided except that it is wise to not include too many items with high indigestible residue for their inclusion causes the patient to feel full and will not eat enough of the diet to make it a high caloric diet.

### SAMPLE MENUS

BREAKFAST	DINNER	SUPPER
Grapefruit juice	Barley Soup	English broth and crackers
Bananas	Broiled steak	Roast lamb with gravy
Farina	Boiled potato	Mint jelly
Bacon	Asparagus tips	Mashed potato (large order)
Eggs	Fruit salad	Buttered peas

# DIET MANUAL

(High Caloric, Regular Diet Sample Menus Cont'd)

## BREAKFAST

Graham Toast  
Butter 2 squares  
Milk and Cream  
  
9:00 AM-  
Eggnog and crackers

## DINNER

Boiled dressing  
Graham bread  
Butter 2 squares  
Milk and cream  
Rice pudding with fruit  
sauce  
  
3:00 PM-  
Tomato juice and  
battered toast

## SUPPER

Cabbage salad with  
boiled dressing  
Graham toast  
Butter 2 squares  
Milk and cream  
Fruit jello with  
whipped cream  
  
9:00 PM-  
Orange juice

## DIET MANUAL

### CHAPTER IX

#### LOW CALORIC DIET

##### (Reducing Diet)

The low caloric diet is synonymous with reducing diet. No one should be placed on such a diet unless a careful physical check has been made and it has been determined that it is safe to follow a reducing regime. There are several types of obesity. Some types respond to diet alone while others require diet and medicine. No one should be permitted to lose more than 3 pounds per week. Every patient on this diet should be rechecked once a week. Reducing diets are dangerous if the patient is not under proper control. Many factors enter into the requirements of this diet. No one reducing diet can be written that will insure reduction of weight in all those overweight. Some are "easy keepers" and will gain weight on some reducing diets. Every case is a law unto itself and should be so treated. Practically all reducing diets will, at first, be under the patients basal requirements in total caloric content, but just how far below no one can determine. It is much better to estimate too high, and lower it later than to start out too low. It must be remembered that weight reducing diets involve marked reductions in carbohydrates and fats, therefore, minerals (especially calcium) and vitamins are likely to be deficient.

Too often, it is the custom of some who treat the obese to prepare three or four reducing diets ranging from about 800 to 1400 calories and have them printed and ready for use. A general estimate of the patient's needs are made and the diet believed to be the suitable one is given for a trial. If this does not work the next lower one in calories is substituted until there is a loss of weight or until the lowest caloric diet has been tried. If the patient does not lose weight on any of them there is too often the desire to discharge the patient for failure to cooperate in the treatment. It is admitted that all patients do not cooperate but the largest number of failures to obtain the reduction desired are due to (a) Failure to construct a diet suited to the individual treated, (b) Ignorance of the patient in trying to estimate quantities of food permitted.

Most overweight and obese persons have a real desire to reduce. When treated, they should be required to procure dietetic scales and taught to use them until proficient in estimating portions allowed. By this time much of the reduction, if not all, has been accomplished and it may then be safe to trust them with estimated servings.

Most of those who do not cooperate, fail to do so because of hunger. This can be avoided in nearly all cases by providing the maximum bulk in the diet. This can be done by limiting vegetables and fruits to those with low carbohydrate content. Midmeal feedings of items of low caloric content also helps in relieving hunger.



## DIET MANUAL

### (Low Caloric Diet -Reducing Diet- Cont'd)

Low caloric diets are based upon the following general principles:

- (a) Determine proper weight for patient, based upon height, sex and age.
- (b) Determine activity of patient or other factors requiring energy and also appetite, whether a big eater, "easy keeper", etc.
- (c) Determine basal requirement of the patient. Total calories should be reduced 10% below basal requirements for a beginning.
- (d) Give 1 gram protein per kilo of body weight. Subtract the caloric value of proteins from total calories allowed, and the remainder to be made up of carbohydrates and fats. This carbohydrate content is very important to properly combust the body fat it is anticipated the patient will lose. Fat is present to some extent in many items used in the reducing diets but ordinarily is not added as such, except about 10 grams of butter two to three times a day.
- (e) Select lean meats, poultry and fish for protein supply and mostly 5% and 10% vegetables for the carbohydrate needs.
- (f) If diet is deficient in calcium and vitamins give halibut oil, yeast and calcium phosphate.
- (g) Permit at least one egg and one-half pint of milk or skimmed milk daily.

After a thorough physical examination, and keeping the above principles in mind, it is easy to determine a suitable diet. In prescribing these diets it is necessary to state total number of calories and number of calories and number of grams of protein, carbohydrates and fats desired. It is also necessary to determine if the diet will result in a deficiency in minerals and vitamins and administer them on the ward if needed.

Sample reducing or low caloric menus mean nothing to anyone except those for whom the diets are written, however, below are listed some menus to merely indicate the relationship between protein, carbohydrates and fats.

## DIET MANUAL

### (Low Caloric - Reducing Diet - Cont'd)

#### BREAKFAST

#### DINNER

#### SUPPER

Grapefruit (1/2)	Lean meat 75 gms	Lean meat 80 gms
Eggs (2)	Vegetable 3% cooked 120 gms	Vegetable 6% 75 gms
Toast, 1 slice	Vegetable 6% cooked 75 gms	Vegetable 3% 120 gms
Coffee (no sugar or cream)	Lettuce 60 gms	Cottage cheese 5 gms
Butter 5 Gm	Apple fresh 100 gms	Grapefruit 10 gms
	Milk skimmed 240 gms	Skimmed milk 240 gms
	Tea or coffee plain	Tea or coffee plain
	Butter 10 gms	

In prescribing reducing diets, it is important that the patient not in hospital have definite instructions about the food permitted, both as to kind and quantity. A form is provided for this purpose. On one side the articles permitted are listed and on the other the amounts permitted of carbohydrates, protein and fats for each meal are listed. Pamphlet outlining the diet should be furnished the patient on discharge from the hospital.

#### HIGH VITAMIN DIET

A high vitamin diet without qualification simply means a diet composed of foods known to be rich sources of all vitamins known to be of value in maintaining health. It is known now that vitamins A, B, C, D, E and G are required. Diets that are rich in all these vitamins have produced good results in many cases.

Deficiency in a single vitamin is a common clinical finding and many of these cases also have subclinical deficiencies in some or all the other vitamins. It is, therefore, expected that a "shot gun" diet prescription of this type would produce excellent results.

See pages 6 and 7 for foods rich in the above mentioned vitamins.

Below is a sample menu for the above type of diet.

#### BREAKFAST

#### DINNER

#### SUPPER

Fresh banana		Tomato juice
Grapefruit juice	Orange juice	Mushroom soup
Cream of Wheat	Barley soup	Roast beef with gravy
Egg (2)	Chicken with gravy	Baked potato stuffed with ground liver
Graham toast	Mashed potatoes	Buttered string beans
Butter, 2 patties	Scalloped tomatoes	Graham bread
Milk and cream (half and half)	Spinach	Butter, 2 patties
	Graham bread	Milk and cream (half & half)
	Butter, 2 patties	Floating island pudding
	Milk	
	Prune whip with whipped cream	



## DIET MANUAL

### CHAPTER X

#### DIET IN DISEASE OF THE COLON

The dietary management in diseases of the colon is difficult. Structural changes observed in diverticulosis, ulcerative colitis, and many other diseases affecting the large bowel demand an adjustment of the diet. Different stages of the same disease, and different diseases of the colon, do not require the same diet. The general principles in constructing the menu for all these diseases are similar. There are certain foods that must be avoided, others may be used when properly prepared, and still others that may be used cautiously in small quantities. There are four large groups of foods that deserve special consideration. Since they make up a large part of all diets, special attention is directed to these groups. All of them are "bland" foods. Others must be avoided. The appropriate diet pamphlet should be furnished the patient when discharged from the hospital.

**BLAND CEREALS.** All cereals are used except those containing bran. The ones most commonly used are:

Farina	Oatmeal	Rice flakes
Food of wheat	Corn flakes	Puffed rice
Cream of wheat	Rice crispies	Puffed wheat

#### BLAND DESSERTS

Custards	Gelatin and jello	Whips (use
Cornstarch puddings	desserts (without	bland fruits)
Cakes and cookies,	nuts)	Plain rice
(plain)	Ice cream	pudding
		Bread pudding
		Tapioca pudding

#### BLAND FRUITS

Peaches )	Well ripened Bananas )	
Pears )	Avocado )	Raw
Apples ) Cooked	Orange juice )	
A pricots)		

#### BLAND VEGETABLES

White potato	Puree of -	Peas
Rice	Asparagus tips	Squash
Macaroni	String beans	Pumpkin
Spaghetti		Carrots
		Beets



## DIET MANUAL

### HIGH CALORIC, HIGH VITAMIN, LOW RESIDUE DIET

#### (FOR ULCERATIVE COLITIS)

There are many stages of ulcerative colitis. In the acute stage, with or without toxic symptoms, a very bland diet should be used and as the symptoms subside in any stage, gradually increase the diet to include other non-irritating foods. The diet for ulcerative colitis should fulfill the following requirements.

- (a) It must be high caloric.
- (b) It must be high in vitamins.
- (c) There must be very little indigestible residue.
- (d) It must contain a high protein content (about 25% above the normal intake for the patient)
- (e) Irritating foods and condiments, (except salt) must be omitted.
- (f) It must not contain raw milk in the acute stages.

These diets are prepared from the following:

#### BEVERAGES -

May have: Coffee, tea and water. Milk and cream may be added later as symptoms are subsiding.

Avoid: All iced drinks.

#### BREADS -

May have: All types except those containing bran.

Avoid: All others.

#### CEREALS -

May have: All cooked cereals, early, except those containing bran. As symptoms subside may use all dry cereals, except bran cereals. Macaroni, spaghetti and Italian pastes are permitted.

Avoid: All bran cereals at all times.

#### CHEESE -

May have: Creamed cottage cheese.

Avoid: All others.

#### DESSERTS -

May have: Ice cream ( if eaten slowly )- boiled custard, rice pudding gelatin desserts made with cream, junkets, sponge cake or any strictly bland dessert. Add lactose to desserts

## DIET MANUAL

(High Caloric, High Vitamin, Low Residue Diet)  
(For Ulcerative Colitis)

instead of extra sugar and cream instead of milk in making desserts.

**Avoid:** All desserts containing fruits or berries, early. As symptoms subside bland fruits are permitted.

### EGGS:

**May have:** Soft boiled, coddled or poached. Use freely.

**Avoid:** Fried eggs.

### FATS:

**May have:** Cream, butter, salad oil, mayonnaise and bacon in liberal amounts.

### FRUITS:

**May have:** Orange juice liberally and very ripe bananas in acute cases. Later, bland fruits are permitted. The bland fruits are:

Cooked -  
Peaches  
Pears  
Apples  
Apricots

Raw -  
Orange juice  
Banana  
Avocado

**Avoid:** All coarse fruits with fiber, seeds or skins. Cooked fruits should be sieved.

### MEATS:

**May have:** All meats and meat broths except fried meats. Eat liver and sweetbreads liberally.

**Avoid:** All highly seasoned and fried meats.

### SOUPS:

**May have:** Cream soups made with vegetable purée and cream. Also meat broths.

**Avoid:** All others.

## DIET MANUAL

(High Caloric, High Vitamin, Low Residue Diet)  
(For Ulcerative Colitis)

### VEGETABLES:

May have: Potato, (except fried), puree of asparagus, peas, tender string beans, squash, tomatoes, turnips, egg plant, pumpkin and beets. Use tomato juice liberally.

Avoid: Any vegetable not pureed, cabbage, cauliflower, brussel sprouts, coarse string beans and corn. Celery may be added if it is tender and chopped very fine.

VITAMINS: Give cod-liver oil, viosterol, brewers yeast and wheat germ preparations to furnish the vitamins. See pages 6 and 7 for list of foods high in vitamin value.

Below are suggested menus for the acute or severe and the convalescent stages. The increase in foods permitted should be gradual and the rapidity of increase dependent upon improvement in patient's condition.

### SAMPLE MENUS

#### FOR ACUTE OR SEVERE CASES

BREAKFAST	DINNER	SUPPER
Strained oatmeal	Cream tomato soup	Cream pea soup
Cream	Tenderloin steak	Creamed sweet breads
Bacon	Creamed potato	Baked potato
Coddled eggs	Bread	Pureed asparagus
Zweiback	Butter	Tapioca pudding
Butter	Boiled custard	Bread
Coffee	Cream	Butter
	Tea or coffee	Tea or coffee

### SAMPLE MENUS

#### FOR CONVALESCENT CASES

BREAKFAST	DINNER	SUPPER
Orange juice	Cream tomato soup	Cream pea soup
Strained oatmeal	Tenderloin steak	Creamed potato
Bacon	Creamed potatoes	Pureed asparagus
Coddled eggs	Puree of carrot	Bread, butter
Toast	Lettuce (finely shredded)	Jelly
Butter	Mayonnaise	Tea, coffee or milk
Coffee	Bread	
	Boiled custard	
	Cream	
	Butter	
	Tea, coffee or milk	



DIET MANUAL  
DIET FOR DIVERTICULOSIS OF COLON

This diet is similar to the diet for convalescent ulcerative colitis cases except -

- (1) Vitamin concentrates may not be required.
- (2) Fruit juices are used liberally with and between meals.
- (3) Agar-agar or mineral oil or both may be required to relieve constipation.

Diet is probably the most important part of the treatment. Even though all of the symptoms have disappeared, the diet should be continued, because a return to some foods will, in all probability, cause a return of the symptoms. The diet should not be changed except upon the advice of a physician. The following guide to be used in selecting the food for menus should be carefully observed.

**BEVERAGES:**

May have: Milk, coffee, tea and water.

Avoid: Iced drinks.

**BREADS:**

May have: All types except those containing bran.

Avoid: All others.

**CEREALS:**

May have: All cooked cereals, except those containing bran. As symptoms subside, may use all dry cereals except bran cereals. Macaroni, spaghetti and Italian pastes are permitted.

Avoid: All bran cereals at all times.

**CHEESE:**

May have: Cream cottage cheese.

Avoid: All others.

**DESSERTS:**

May have: Ice cream (if eaten slowly), boiled custard.

**VEGETABLES:**

May have: Potato (except fried) purée of asparagus, peas, tender string beans, squash, tomatoes, turnips, eggplant, pumpkin, and beets. Use tomato juice freely.

Avoid: Any vegetable not pureed, cabbage, cauliflower, brussel sprouts, coarse string beans, and corn. Celery may be added later if it is tender and chopped very fine.

## DIET MANUAL

(Diet for Diverticulosis of Colon)

Cont'd

### VITAMINS:

In addition to the vitamins in your diet, additional vitamins may be prescribed. Cod liver oil, viosterol, brewers yeast and wheat germ preparations are generally used.

In preparing the menu, the following general outline will insure a balanced diet that will meet the above requirements.

### SAMPLE MENUS

#### BREAKFAST

Orange juice, 1 glass  
Sieved oatmeal, one  
large serving  
Bacon, two or three  
slices  
Coddled eggs, two  
Toast, two slices  
Butter, as desired  
Coffee, one cup

#### DINNER

Cream of tomato soup,  
1 serving  
Tenderloin steak, one  
serving  
Creamed potatoes, one  
serving  
Puree of carrots,  
one serving  
Lettuce, finely shredded,  
(small serving)  
Mayonnaise, as desired  
Bread, two slices  
Boiled custard, one  
serving  
Cream 30 cc  
Butter, as desired  
Milk, one glass

#### SUPPER

Cream of pea soup, one  
serving  
Creamed sweetbreads,  
one serving  
Baked potato, one serv-  
ing  
Puree of asparagus, one  
serving  
Bread, two slices  
Jelly, as desired  
Butter, as desired  
Milk, one glass

## DIET MANUAL

### CHAPTER XI

#### DIET IN LIVER AND GALLBLADDER DISEASES

Diseases of the liver and its drainage tracts call for modifications of the normal diet. These variations are numerous, depending on pathology found, and the stage of the disease. They usually embrace the following:

- (a) Change in consistency, viz., liquid, soft and regular.
- (b) Reduction in protein content.
- (c) Marked reduction of fats, or a fat free diet.
- (d) A high caloric diet, (usually increased caloric intake over the normal diet for the patient by 15% to 25%)
- (e) A high carbohydrate intake.

It must be remembered that most liver and gallbladder pathology is either chronic when found, or becomes chronic. Dietary measures are necessary over long periods and frequently the remainder of the patient's life. Because fats and proteins must be reduced, the remainder of the caloric intake must be made up of carbohydrates. Many names have been given to such diets viz., High Carbohydrate, Low Fat Diet, Fat Free Diet, Diet for Gallbladder Disease, etc. For the purpose of simplicity it is believed that all these diets can be arranged under four groups. In this hospital they are known as Low Fat diets. Were it possible to obtain a fat free diet, it is doubtful if it would be used. The term high carbohydrate diet is not within itself suggestive enough of the conditions for which it is used. Low fat diet is suggestive at least of the pathological condition, and it is unnecessary to add the carbohydrate to the name for these diets must contain it anyway. The patient should be furnished with the pamphlet outlining this diet on discharge.

These low fat diets are:

- (1) Low fat, liquid diet.
- (2) Low fat, soft diet.
- (3) Low fat, salt free diet.
- (4) Low fat, regular diet.

Such diets may be adapted to the various stages of all the pathological processes found in the liver and gallbladder. They are constructed from the foods listed below:



## DIET MANUAL

### (DIET IN LIVER AND GALLBLADDER DISEASES CONT'D)

Breads - No restriction.

Beverages - Tea, coffee, skimmed milk.

Cereals - No restriction.

Crackers - White and graham.

Desserts - No restriction on plain desserts made without fats and eggs. Jams, jellies and hard candies permitted freely.

Eggs - Restrict to one daily.

Fruits - No restriction.

Italian pastes - No restriction.

Meats - Beef, chicken or turkey, (trim all visible fat).

Soups - Permit only skimmed meat, chicken and vegetable broths.

Vegetables - No restriction.

Avoid: All fried foods, salty foods, butter, cream, mayonnaise and other concentrated fats.

Unless otherwise specified by the physician, menus will be constructed as follows:

- (a) Total caloric increase, 20%.
- (b) Protein reduction, 15%.
- (c) Fatty foods and concentrated fats and oils eliminated from the diet.

The low fat, salt free diet is in the true sense of the word a misnomer because all food normally contains some salt. By this term is meant food prepared without the addition of salt. Such a diet is used in advanced liver pathology accompanied by ascites. Because of the ascites, fluid intake is limited. Foods making up this diet must be carefully selected to avoid those that contain much water or salt. Carbohydrates remain increased, and fats and proteins reduced. These diets should be weighed, permitting about 30% to 50% above the basal diet, depending on the activity of the patient. Weighing the food insures proper restriction of salt and water digested.

# DIET MANUAL

(Diet in Liver and Gallbladder Diseases Cont'd)

## SAMPLE MENUS

### LOW FAT, LIQUID DIET

BREAKFAST	DINNER	SUPPER
Grapefruit juice	Skimmed chicken broth	Grape juice
Farina	Canned pineapple juice	Cream of wheat
Skimmed milk	Skimmed milk	Skimmed milk
Sugar	Tea or coffee	Sugar
Coffee		Tea or coffee
10:00 AM-	2:00 PM-	9:00 PM-
Orange juice	Orange juice	Canned pear juice
Jello		Hard candy.

## SAMPLE MENUS

### LOW FAT, SOFT DIET

BREAKFAST	DINNER	SUPPER
Puree of fresh figs	Skimmed beef broth	Riced potatoes
Food of wheat	Poached egg (1)	Asparagus tips
Skimmed milk	Mashed potato	Toast
Toast	Puree of peas	Jam
Jam	Bread	P uree stewed prunes
Coffee	Jelly	Tea or coffee
10:00 AM-	Plain custard	9:00 PM-
Orangeade	Tea or coffee	Skimmed milk or
Hard candy	3:00 PM-	Grapefruit juice
	Lemonade	
	Hard candy	

## SAMPLE MENUS

LOW FAT, SALT FREE DIET  
(Prepare all foods without  
addition of salt)

BREAKFAST	DINNER	SUPPER
Fresh figs	Fresh lamb chops	Scrambled egg (1)
Banana	Baked potato	Mashed potato
Coddled egg (1)	Fresh asparagus	String beans
Toast	Pineapple	Fresh plums
Jam	Bread	Bread
Sugar	Hard candy	Jelly
Milk (120 cc)		Candy.

# DIET MANUAL

## SAMPLE MENUS

### LOW FAT, REGULAR DIET

#### BREAKFAST

#### DINNER

#### SUPPER

Orange juice

Muskmelon

Coddled egg (1)

Toast

Jam

Skimmed milk

Coffee

10:00 AM-

Lemonade

Hard Candy

Skimmed chicken broth

Crackers

Broiled chicken

Baked potato

String beans

Pineapple-lettuce salad

Bread

Jelly

Plain pudding

Tea or coffee

3:00 PM-

Orangeade

Hard candy

Steamed rice

Peas

Toast

Skimmed milk

Canned peaches

Plain cake

Tea or coffee

9:00 PM-

Skimmed Milk or

Pineapple juice



# DIET MANUAL

## CHAPTER XII

### PELLAGRA PREVENTIVE DIET

#### (P.P. DIET)

Food containing an ample supply of vitamin G, (B<sub>2</sub>) will prevent the development of pellagra and will also aid materially in a cure after it has developed. It is not enough to prescribe a high vitamin diet in pellagra. The specific vitamin known as Vitamin G and B<sub>2</sub> are the same. In America this vitamin is known as Vitamin G and in England B<sub>2</sub>. Valuable information was obtained and released by the British Research Commission in 1932, and the United States Public Health Commission in 1934. These reports form a basis for the pellagra preventive factors in the tables below, and for the establishment of menus known to be adequate in the prevention and treatment of pellagra.

The diet should be high caloric, viz., 40 to 45 calories per kilo of body weight. The ratio between protein, fats, and carbohydrates should be approximately that of the normal diet of a healthy person. Enough of these foods have been tested for the pellagra preventive factor to insure adequate vitamin G, and still have a variety in the menu. Of the foods tested only those classed as "Good" or "Rich" for pellagra prevention are given. If they are arranged in the menu properly, adequate vitamin G will be consumed.

#### FOODS TESTED QUANTITATIVELY

##### CLASS " GOOD "

This classification means that in the quantities indicated, if eaten in 24 hours, the food contains enough pellagra preventive factor to prevent the disease.

ARTICLE	AMOUNT	ARTICLE	AMOUNT
Beef, fresh	200 grams	Tomato juice (can)	1200 Grams
Beef, corned (can)	200 "	Turnips, green (can)	482 "
Chicken (can)	325 "	Liver, Minot's extract	
Liver, pork (dried)	64 "	(equivalent 10 Gms liver)	343 "
Pork, shoulder, lean	200 "	Peanut meal	200 "
Rabbit	184 "	Wheat germ, ether extra	150 "
Salmon (can)	168 "	Bakers dried yeast	30 "
Buttermilk	1200 "	Brewers dried yeast	30 "
Collard (can)	482 "	Yeast vitamin powder	15 "
Kale (can)	534 "		
Peas, green (can)	450 "		

## DIET MANUAL

### (P ellegra Preventive Diet Cont'd)

The following table is a list of foods either good or rich in Vitamin G but quantitative test of amount to be ingested to prevent pellagra has not been done.

Wheat, bran	XX	Spinach, raw	XX
Wheat, embryo	XX	Mutton	XX
Peas, dried	XX	Ox kidney	XXX
Cabbage, green, fresh	XX	Ox liver	XXX
Cabbage, green, dried	XX	Pork	XX
Spinach, cooked	XX	Hens' eggs	XX
Spinach, dried	XX	Cows milk, whole, fresh	XX

XX Indicates the material is a good source for Vitamin G.

XXX Indicates the material is a rich source for Vitamin G.

In the construction of a diet to be used in the treatment of pellegra there should be enough foods selected from the table showing the pellegra preventive factor to insure a diet that will equal the factor 2. For instance if it requires 1200 grams of tomato juice to furnish pellegra preventive factor to prevent pellegra and only 200 grams are given at each meal it would only furnish half enough if the whole factor is 1. However, the factor is doubled viz., 2, to insure enough being present to add to the factor 2. In addition, to round out the diet, other foods selected should be from the list showing good and rich sources as far as possible. The remainder necessary to construct a high caloric diet may be chosen as desired.

Below are some suggested menus which gives amounts of servings, pellegra preventive factor, if known, and calories:

#### BREAKFAST

ARTICLE	AMOUNT	P.P. FACTOR G	CALORIES
Tomato juice	200	<u>1200</u>	40
Eggs (2)	74		148
Whole wheat toast	30		72
Butter	20		154
Milk sweet	200		138

# DIET MANUAL

(Pellegra Preventive Diet Cont'd)

## DINNER

ARTICLE	AMOUNT	P.P. FACTOR	CALORIES
Creamed spinach soup	200		218
Rabbit	70	$\frac{G}{184}$	200
Peas	100	$\frac{G}{450}$	68
Rutabagas	100		36
Soy bean bread	30		73
Butter	20		154
Baked banana	100		120
Buttermilk	200	$\frac{G}{1200}$	72

## SUPPER

ARTICLE	AMOUNT	P.P. FACTOR	CALORIES
Canned salmon	100	$\frac{G}{168}$	196
Cabbage	100		25
Carrot	100		40
Tomato juice	200	$\frac{G}{1200}$	40
Whole wheat bread	30		76
Butter	20		154
Blackberries, fresh	100		46
EXTRAS			
Cream, table	100		208
Sugar	26		104

## MIDMEAL NOURISHMENTS

ARTICLE	AMOUNT	P.P. FACTOR	CALORIES
Buttermilk or tomato juice	400	$\frac{G}{1200}$	144

## BREAKFAST

ARTICLE	AMOUNT	P.P. FACTOR	CALORIES
Orange juice	10		39
Broiled liver	100	$\frac{G}{100}$	124
Crisp bacon	15		77
Whole wheat toast	30		76
Butter	20		154
Milk sweet	200		138



# DIET MANUAL

## (Pellegra Preventive Diet Cont'd)

### DINNER

ARTICLE	AMOUNT	P.P. FACTOR	CALORIES
Cream tomato soup	200		200
Steak	100	$\frac{G}{100}$	293
Turnip greens	200	$\frac{G}{482}$	64
Onions, green	50		22
Vegetable salad	100		64
Mayonnaise	10		76
Buttermilk	200	$\frac{G}{1200}$	72
Whole wheat bread	30		76
Butter	20		154
Melon	200		58

### SUPPER

ARTICLE	AMOUNT	P.P. FACTOR	CALORIES
Chicken	100	$\frac{G}{325}$	110
Collards	100	$\frac{G}{482}$	22
Baked potato	67		84
Butter	30		216
Whole wheat bread	30		76
Fresh tomato	100	$\frac{G}{1200}$	20
Buttermilk	200	$\frac{G}{1200}$	72
Peaches, fresh	150		60
			208
			104

### MIDNIGHT NOURISHMENTS

Buttermilk or tomato juice	400	$\frac{G}{1200}$	144
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Each daily menu furnishes about 2800 calories and total P.P. factor to add to 2. If a higher caloric diet is required articles may be added without regard to vitamin G. If a lower caloric intake is indicated articles may be dropped from the menus but the total pellagra preventive factor must be kept up to the figure 2. Brewers yeast, liver extract, and other vitamin concentrates will be ordered on the ward as indicated.

# DIET MANUAL

## CHAPTER XIV

### KETOGENIC DIET (K.P. DIET)

In epilepsy and some urinary tract infections, ketones exert a beneficial effect. Ketone bodies are produced from incomplete combustion of ingested fats. Fats ingested will combust completely only in the presence of adequate carbohydrate. It must be remembered that 10% of fat and 58% of protein becomes carbohydrate in the process of combustion, therefore, in computing the total glucose content of a diet it should be done as follows:

Diet	Total glucose intake
Protein 70 Gm x 4 equals 280 calories. 58% of 70 equals	40.60 grams
Carbohydrate 120 Gm x 4 equals 480 calories. 100% of 120	120.00 grams
Fats 180 Gm x 9 equals 1620 calories. 10% of 180 equals	18.00 grams
<hr/>	
Total calories 2380	178.60 grams

To obtain the fatty acid content of the same diet it is necessary to deduct the 10% sugar content of the fat and allow for 46% of the protein being converted into fatty acids. The carbohydrates yield no fatty acids. The same diet should be figured as follows for the fatty acid bodies.

Diet	Total fatty acids
Protein 70 Gm x 4 equals 280 calories. 46% of 70 equals	32.90 grams
Carbohydrates 120 Gm x 4 equals 480 calories. 1% of 70 equals	0 grams
Fats 180 Gm x 9 equals 1620 calories. 90% of 180 equals	162.00 grams
<hr/>	
Total calories 2380	194.90 grams

The fatty acid glucose ratio of this diet is  $\frac{FA}{G} = \frac{195}{179}$ .

Knowing that 1 gram of carbohydrate promotes complete combustion of 1.5 to 2 grams of fat, it is easily seen the above diet does not meet the requirements of a ketone producing diet. The essentials of such a diet are as follows:

(a) Total caloric intake to remain normal, or slightly increased for sex, proper weight, height, age, activity, etc.

(b) Begin diet by setting  $\frac{FA}{G}$  ratio at  $\frac{2}{1}$ . Gradually, (every second day), increase this ratio by increasing fat 5% and decreasing the carbohydrates sufficiently to maintain a constant caloric intake. Nausea develops when carbohydrates reach 40 to 50 grams. If it does not, hold at this point a few days, do not increase further. At whatever point it develops, give orange juice or a little sugar to relieve it temporarily and maintain the diet at this level, and the body will usually adjust itself to it. If nausea persists return to a regular diet for a few days and repeat the process.

## DIET MANUAL

(c) These diets must be weighed and each one is calculated to fit the patient being treated.

(d) Protein intake must be kept adequate. No one can state how much the  $\frac{FA}{C}$  ratio will have to be increased before ketosis develops. The ratio is variable in different people and at different ages.

Symptoms of ketosis will usually develop between  $\frac{FA}{G} \frac{2}{1}$  to  $\frac{4}{1}$ .

(e) The urine must be examined daily for ketones.

When this diet is prescribed great care must be exercised to insure proper ratio between carbohydrates, proteins and fats. The diet must be accurately weighed and each meal contain one-third of the total daily intake. It is the practice by some to maintain a set of ketogenic diets, variable in content and when patients are admitted attempt to fit the patient to the diet that approximates the requirements. For practical purposes this is satisfactory, however, it is believed that the prescription should be written to fit the patient, after basal and maintenance requirements have been properly checked based upon age, sex, proper weight, height, activity, pathological processes present, etc., have been given proper consideration. When requesting this diet it will be necessary for the dietitian to have definite information and it should be expressed as follows: viz.,

Ketogenic diet - Protein 70 grams - Calories 2400  $\frac{FA}{G} - \frac{2}{1}$ . Such a form should be repeated each time the  $\frac{FA}{G}$  ratio is to be increased.

Special attention is given to certain foods in the formation of ketogenic diets.

Use freely -

Butter            Oils            Fats            Cream 40%

Vegetables, (Low carbohydrate content)

Fruits, (Low carbohydrate content)

Avoid -

Sugar            Starches

Vegetables, (Higher carbohydrate content)

Fruits, (Higher carbohydrate content)

The menu will then be constructed as follows: The three meals daily should each contain an equal amount of the three elements, viz., Protein 23 grams, carbohydrates 23 grams, fats 68 grams, total, 800 calories.



## DIET MANUAL

## BREAKFAST

ARTICLE	AMOUNT GRAMS	PROTEIN	CARBOHYDRATES	FATS	CALORIES
Strawberries	94	.8	4.7	—	22.
Eggs (2)	100	12.0	—	10.0	138
Crisp bacon	20	3.3	—	10.0	103.2
Bread	20	1.8	10.2	.4	51.6
Butter	16	—	—	13.6	122.4
Pastry cream	75	1.6	2.3	30.0	285.6
Milk whole	115	3.8	5.8	4.6	85.8
Coffee	—	—	—	—	—
Total		23.3	23.0	68.6	808.6

## DINNER

Broiled salmon	87	19.1	—	11.3	178.1
(with butter)	20	—	—	17.	153.0
Summer squash	75	.5	3.7	—	16.8
Eggplant	75	.7	3.7	—	17.6
Celery hearts	75	.7	3.7	—	17.6
Ripe olives	25	.3	1.2	5.	51.0
Bread	10	.9	5.1	.2	25.8
Butter	17	—	—	14.5	130.5
Grapefruit	41	.2	4.1	—	17.2
Pastry cream	50	1.1	1.5	20.	190.4
Coffee	—	—	—	—	—
Total		23.5	23.0	68.0	798.0

## SUPPER

Steak	76	15.2	—	15.2	197.6
String beans	75	1.1	3.7	—	19.2
Table cream	33	1.0	1.3	6.6	68.6
Stewed tomatoes	100	1.	5.0	—	24.0
Celery hearts	75	1.	3.7	—	18.8
French dressing	15	—	—	10.0	90.0
Bread	17	1.5	8.7	.3	43.5
Butter (all purposes)	33	—	—	28.1	252.9
D. Zerto	1 serv.	.2	—	—	8.0
Whipped cream	20	.4	.6	8.0	76.0
Coffee	—	—	—	—	—
Total		23.2	23.0	68.2	798.6

## DIET MANUAL

## BREAKFAST

ARTICLE	AMOUNT GRAMS	PROTEIN	CARBOHYDRATES	FATS	CALORIES
Tomato juice	100	1.0	5.0	—	24.0
Eggs (2)	100	12.0	—	10.0	138.0
Bacon	20	3.3	—	10.0	103.2
Bread	20	1.8	10.2	.4	51.6
Butter	16	—	—	13.6	122.4
Pastry cream	75	1.6	2.3	30.0	285.6
Milk	115	3.8	5.8	4.6	79.8
Coffee	—	—	—	—	—
Total		23.5	23.3	68.6	804.6

## DINNER

Cream soup --					
Spinach	50	1.1	2.5	—	14.
Pastry cream	50	1.0	1.5	20.0	190.4
Milk	100	3.3	5.0	4.0	69.2
Ham	75	15.	—	16.5	208.5
Stewed celery	100	1.5	5.0	—	26.0
(with butter)	8	—	3.7	6.8	61.2
Tomato salad	75	.7	—	—	17.6
Mayonnaise	15	—	—	12.8	115.2
Peach whip --					
Peach	47	3.3	4.7	—	20.0
(with cream)	20	.4	.6	8.0	76.0
Coffee	—	—	—	—	—
Total		23.3	23.0	68.1	798.1

## SUPPER

Roast lamb	86	18.0	—	11.2	172.8
Gravy	15	.2	1.2	2.6	29.0
Cauliflower	50	1.0	2.5	—	14.0
Asparagus tips	100	2.0	5.0	—	28.0
Avocado salad	50	1.	3.3	16.2	163.0
French dressing	20	—	—	13.4	120.6
Butter (all purposes)	29	—	—	24.7	222.3
Oranges	110	1.1	11.0	—	48.4
Coffee	—	—	—	—	—
Total		23.3	23.0	68.1	798.1

# DIET MANUAL

## CHAPTER XV

### HIGH CALCIUM DIET

The high calcium diet is frequently used in the treatment of rickets, malnutrition, some parathyroid diseases and other wasting diseases where an increase of calcium intake is desired. Because of the nature of the diseases for which this diet is so often used, special attention is also given to vitamin D. It is, therefore, often desirable to combine the high calcium diet with a high vitamin D diet. In some parathyroid disorders requiring a high calcium diet, it is necessary to administer parathyroid extract. There are many ways of constructing this diet. Usually, liquid and soft diets are not required. Unless the patient's general condition is a contraindication the regular or full diet is easily modified by substitution, or addition of articles that have a high calcium content. If, however, liquid or soft diets are required the routine liquid and soft diets may be taken as a base and altered sufficiently to insure a high calcium intake. The following foods are high in calcium content. Only enough of the common ones are listed to give variety to the diet.

AMOUNT (GRAMS)	FOOD	CALCIUM (GRAMS)
100	Beans, kidney	.160
100	Buttermilk	.105
100	Cauliflower	.123
100	Chard	.150
100	Cheese	.931
100	Cottage cheese	.208
100	Cocoa	.112
100	Eggs (2)	.067
100	Milk, skim	.122
100	Milk, whole	.120
100	Milk, condensed	.300
100	Milk, evaporated	.349
100	Molasses	.211
100	Okra	.071
100	Olives, green	.122
100	Oysters	.054
100	Parsnips	.076
100	Rutabaga	.074
100	Spinach	.067

If variety is not afforded in the above table others may be found in tables of composition of common foods in various books on dietetics. Milk and cheese should be used in this diet freely.



## DIET MANUAL

(High calcium diet, cont'd)

### SAMPLE MENUS

BREAKFAST	DINNER	SUPPER
Sliced orange	Celery soup	Beef bouillon
Farina	Roast beef	Sliced cheese
Soft boiled eggs (2)	Mashed potatoes	Spinach
Bacon	Chard	Potato salad
Toast	Pineapple cottage cheese	Green olives
Butter	salad	Bread
Milk	Tapioca pudding	Butter
	Bread	Milk
	Milk	Coffee
	Butter	
	Coffee	

When vitamin D is desired in larger quantities the following foods rich in this vitamin may be added to the diet or if already given increase the amount taken:

#### RICH IN VITAMIN D

Butter	Egg yolk	Ice cream
Beef liver	Halibut oil	Mutton or beef fat
Cream	Irradiated foods	Whole milk
Cod liver oil		

#### LOW CALCIUM DIET

This diet is useful in all cases where intake of calcium is to be limited. It is especially useful in lead poisoning when combined with the diet food containing a high acid base residue. To secure this diet, it is obviously necessary to avoid the articles of diet noted under the high calcium diet that are rich in calcium. Because drinking water may contain relatively large amounts of calcium, it is advisable to have patients on this diet use distilled water. The following guide may be used in preparing menus with a low calcium content. The total caloric intake and ratio between protein, carbohydrates, and fats should be that of the normal or regular diet.

#### CEREALS AND BREAD --

All forms except wheat bran.

#### FRUITS --

Apples, apricots, avocados, bananas, blackberries, cherries, cranberries, grapefruit, grapes, peaches, pear, pineapple.

AVOID: Dried dates, dried figs, lemons, oranges, dried prunes, raisins, raspberries, strawberries.

## DIET MANUAL

(Low Calcium Diet Cont'd)

### MEATS -

Poultry and dairy products. All kinds except:

Avoid: Dried beef, oysters, mince meat, eggs, shrimp, buttermilk, all cheese, all ice cream, cream, milk.

### NUTS-

Avoid all.

### VEGETABLES -

May have: Artichoke, asparagus, beets, cantaloupe, canned corn, cucumbers, egg plant, lettuce, onions, green peas, green peppers, white potatoes, sweet potatoes, pumpkin, radishes, squash, (Hubbard) tomatoes, watermelon

Avoid: Dry beans, green beans, baked beans, cabbage, carrots, cauliflower, celery, chard, kale, parsnips, dry peas, rhubarb, rutabagas, sauerkraut, spinach, turnips.

## SAMPLE MENUS

### BREAKFAST

Pineapple juice  
Grapefruit  
Crisp bacon  
Toast and butter  
Coffee

### DINNER

Beef bouillon  
Veal cutlets  
Mashed potatoes  
Asparagus tips  
Tomato-lettuce salad  
Bread  
Butter  
Sliced pears  
Coffee

### SUPPER

Roast beef  
Steamed rice  
Green peas  
Artichoke-lettuce salad  
Bread  
Butter  
Cherries  
Coffee

## DIET MANUAL

### CHAPTER XVI

#### CARDIOVASCULAR-RENAL DIETS

##### (C.V.R. DIETS)

This group of diseases require a number of diets. This is due to the nature of the pathological processes and the changes that have already occurred. There is no easy approach to the successful dietary management of this group of cases. Each patient must be properly considered, after a careful examination and the type of diet best suited to his condition prescribed. In ordering this diet the following factors must be given careful consideration:

- (a) Total caloric intake
- (b) Total protein intake
- (c) Total liquids permitted
- (d) Absence of salt or other condiments

In general these diets will average slightly above a basal diet viz., 1500 to 2000 calories. Usually the protein will be 40 to 60 grams, and in most of these, fluids are restricted and salt prohibited. There are various stages of cardiovascular-renal diseases, and many seem to do very well without a diet, however, the average case in the hospital requires a diet and the others should have one.

For dietary management, these cases are divided into the following classification: Important dietary principles are also included:

DISEASE	DIET			
	Calories	Protein Gm	Salt	Fluids
Cardiac with decompensation	800-1500	20-40	None	1000 cc
Cardiovascular with or without hypertension	1500-2000	40-60	Limit	As indicated
Nephritis with urea retention. No edema	1500-2000	40-60	None	Freely
Nephritis, without urea retention. With edema	1800-2500	50-60	None	1000 cc
Nephritis with urea retention and edema	1500-2000	40-60	None	About 1500 cc

It is obvious the above figures on total calories and grams of protein permitted are only estimates and that each case must be considered by itself. As the general condition improves it will be necessary to change the diets. In acute or critical stages of the disease further restrictions may be required. It must be remembered that articles of diet contain salt. It is not practical to remove it. The addition of salt or other seasoning can be avoided. Foods that contain a rather liberal amount of salt can also be avoided. These are:



## DIET MANUAL

### (Cardiovascular-Renal Diets Cont'd)

Bread (unless salt free)	Beets	Lima beans
Caviar	Bran	Milk
Cheese	Centaloupe	Olives
Clams	Carrots	Pumpkin
Crackers	Caulery	Raisins
Oysters	Chard	Straw-
Spinach	Cress	berries
Beef	Dandelion	Turnips
	Eggs	

It may be necessary to use milk and eggs but their use should be limited. Butter should be salt free.

When requesting these diets it is important that definite data be furnished. For instance, C.V.R. Diet - calories 1800; protein 40 grams, salt free, fluids 1000 cc will furnish the dietitian all the information needed. A water balance chart should be kept on the ward in all cases, requiring limited fluid intake. A sample menu cannot serve all the above conditions. Since most of them show a fairly low caloric intake, a low protein and water intake, such a menu is listed below which must be further modified to meet the demands of the case. All food to be prepared without the addition of salt, and patient is not permitted salt on the tray.

BREAKFAST	DINNER	SUPPER
Sliced orange	Lamb chops	Roast chicken
Puffed rice	Baked potato	Rice
Coddled egg (1)	String beans	Green peas
Toast	Sliced tomatoes	Bread (1 slice)
Butter	Bread (1 slice)	Butter
Jam	Butter	Baked apple
	Vanilla wafers	Sugar
		Cream 20% 30 cc

The following general principles in food selection for cardiovascular-renal cases are advised:

Beverages - May have: Kaffee Hag, Sanka, milk, Postum and water to the limit of fluid intake permitted.

Avoid: Cocoa, tea, coffee and alcohol.

Bread and Cereals - May have: All breads and cereals may be used, however, in their preparation salt must not be added when used for salt free diets.

Avoid: Any prepared cereals that contain salt.

(Cardiovascular-Renal Diets Cont'd)

Butter - May have: Salt free (sweet) butter.

Avoid: Ordinary butter if a salt free diet is used.

Cheese - May have: Fresh cottage cheese prepared without salt may be used. Any cheese may be used if salt is not limited.

Avoid: All except fresh cottage cheese that is prepared without salt if a salt free diet is used.

Desserts - May have: Plain desserts, cooked or fresh fruits, such as -

Fruit jello  
Rice pudding  
Vanilla wafers  
Plain sugar cookies  
Fresh pears  
Canned peaches

Avoid: All rich puddings, cakes and pies.

Fruits - May have: Fresh canned and cooked fruits may be used freely.

Avoid: Those mentioned in a above table containing considerable salt.

Meats: May have: Fresh meats for salt free diets. Bacon, ham and semi-cured meats may be used only to limit of protein permitted when diet is not to be salt free.

Milk: May have: Milk in quantities justified by the permissible fluid intake. At least 300 cc should be taken daily in all cases.

Soups - May have: Vegetable if permissible by limited fluid intake. To be prepared without salt if on a salt free diet.

Avoid: All meat soups.

Vegetables - May have: Fresh or canned to be used freely.

Avoid: Whenever possible vegetables in above list showing considerable salt content should be avoided.

## DIET MANUAL

### CHAPTER XVII

#### DIABETIC DIETS

Dietary problems of patients suffering from diabetes mellitus are unlimited. Many are difficult to solve. There are many ways of handling diabetic diets. A set of tables giving the amount of protein, carbohydrate, fat and total caloric intake for several test, basal and maintenance diets are fairly accurate and convenient for hospital use. However, it is impossible for any set of tables to furnish diets that will accurately fit all patients that may be admitted. For this reason and in the interest of training, it is considered best to write each prescription for food to fit the patient rather than attempt to fit the patient to a set of standard diets. The mere treatment of the patient is only a part of his problem. He must have confidence in himself and his procedure. It is, therefore, necessary that a training school be maintained for this purpose.

#### CLINICAL TYPES OF DIABETES

There are many clinical types of diabetes mellitus encountered and some of them require special consideration when prescribing their diets. For this purpose the following classification is made:

- (a) Potential diabetes mellitus
- (b) Pre-diabetes mellitus
- (c) Diabetes mellitus: Mild-moderate-severe.
- (d) Arteriosclerotic diabetes mellitus: Mild-moderate - severe.
- (e) Juvenile diabetes mellitus: Mild-moderate-severe.
- (f) Symptomatic diabetes mellitus.

Theoretically, some of these are not true diabetes, however, dietary management is requested and required for them.

#### TYPES OF DIETS

The diets used in the various clinical types of the disease and in different stages of the same disease are necessarily variable. The objective should be, regardless of the type of the disease, to get the patient in the best possible condition physically, and undergo the greatest amount of instruction permissible as quickly as possible. All diabetics should be well trained, even the potential diabetic. From the standpoint of diet, this can be accomplished quicker by using the following diets in the order named when treating these cases:

- (1) Test diet
- (2) Basal diet
- (3) Maintenance diet.

All of these diets vary depending on the age, sex, height, occupation, general condition of the patient, etc.



## DIET MANUAL

### (Diabetic Diets Cont'd)

The test diet averages, as a rule about 25% below the basal diet and while on it, the patient should remain in bed. The basal diet is that amount of food required to keep the patient at his normal weight in a basal state, and while on it should remain in bed. To find this refer to tables on basal metabolic requirements. The maintenance diet is one that will maintain the patient at his normal weight and furnish the necessary energy for his customary activity. The total caloric intake must necessarily vary widely.

#### TEST DIET

This diet is used for two purposes:

- (1) To aid in ridding the patient of excess sugar in urine and blood immediately.
- (2) To assist in approximating the tolerance for carbohydrates.

The test diet should not be used more than five or six days if it can be avoided.

#### BASAL DIET

The basal diet is seldom used in this hospital. It may be necessary when some associated diseases and metabolic disorders are present.

#### MAINTENANCE DIET

The next step after passing through the test and basal diets is the maintenance diet. By this time the urine should be free of sugar, blood sugar under control and a balanced state reached by insulin, if needed, sella turcica X-rayed, and BPR obtained. Adequate time should be taken to learn pertinent information about the type of life the patient is living. Care must be taken to not make invalids of them. Occupation is important. Those leading an active, outdoor life or performing hard manual labor require more calories than those who are too old or crippled to move about actively. Only by a careful interview can a fair estimate be made of what the total caloric requirements should be. If this is done wisely it will save much trouble with later modifications of the diet. It is discouraging to patients to frequently change their diets and insulin dosage.

#### PROTEIN, CARBOHYDRATE AND FAT RATIO

In all diabetic diets the protein content of the food should be sufficient to maintain the body weight at its proper level. In the adult this should be 1 gram per kilo of body weight. In the absence of associated diseases, it should be maintained at this level in the test, basal and maintenance diets. When treating children the protein should be used at the rate of 2 to 3 grams per kilo of body weight, depending on general condition and weight of child. The ratio between

## DIET MANUAL

### (Diabetic Diets Cont'd)

carbohydrate and fat is somewhat variable. It is known that fat is completely combusted only in the presence of adequate carbohydrate. If carbohydrates are restricted too much the fat combustion is incomplete and ketone bodies result. It is believed that the ratio between carbohydrate and fat should not fall below  $\frac{1}{1}$  and it is frequently necessary to use 1-1/4 or 1-1/2 grams of carbohydrates to one gram of fat.

### WRITING THE DIET PRESCRIPTION

Formerly, carbohydrate was almost eliminated in the diabetic diet. Simultaneously, with the use of insulin there developed a boldness in the more liberal use of carbohydrate, so that, it was not unusual to find diabetics consuming almost as much carbohydrate as is contained in a normal diet. In general, the pendulum has swung back to what may be termed the "Happy medium".

The maintenance diet for an adult diabetic will ordinarily contain from 100 to 300 grams of carbohydrate and not more than 150 grams of fat. A dogmatic statement regarding these factors cannot be made, however, when diets do not conform to these limitations there should be patent reasons for it. Consider the following factors in the order mentioned when writing a prescription for a diabetic diet.

(1) Total caloric requirement. Consider the type of diet required, viz., whether a test, basal, or maintenance diet. If a maintenance diet allow for activity of the patient, type of work performed, etc. It is not wise to discharge even fairly active adult patients on less than 2400 calories.

(2) Protein allowance. For persons who have reached maturity allow 1 gram per kilo of body weight. If nephritis is present it may be necessary to reduce the protein intake. Growing children require two to three grams of protein per kilo of body weight.

(3) Carbohydrate allowance. The amount of carbohydrate permitted is variable but in the adult is seldom less than 100 grams nor more than 300 grams. An estimate of the patient's general condition must be made. If there are already present ketone bodies or if the patient is obese and a reduction in weight is contemplated, adequate carbohydrate must be given to assure complete combustion of fat and elimination of the ketone bodies. If the patient is of normal weight or slightly underweight it will probably be unnecessary to increase the carbohydrate to a high ratio over the fat allowance:

Usually the carbohydrate-fat ratios required are  $\frac{\text{Carbohydrate}}{\text{fat}} = \frac{1}{1}$  or  $\frac{1.25}{1}$  or  $\frac{1.5}{1}$ . It is not wise to reduce the carbohydrate ratio below 1, but cases may arise when it should be greater than 1.5.



## (Diabetic Diets Cont'd)

Sometimes, it is necessary to know the total glucose intake of the patient. This is different from the carbohydrate content of the diet. To arrive at this it must be remembered that 58% of the protein and 10% of the fat is converted into glucose in the process of metabolism. Carbohydrate is 100% glucose. Assume the prescription to be as follows:

Protein 75 gm x 4 equals	300 calories
Carbohydrate 162 gm x 4 equals	648 "
Fat 161 gm x 9 equals	<u>1449</u> "
Total	2397 calories
58% of 75 gm equals 43.50 or	44 gm glucose
100% of 162 gm equals	162 gm "
10% of 161 gm equals	<u>16</u> gm "
Total	222 grams

(4) Fat allowance. Usually the allowance for fat in the average diabetic diet does not exceed 160 grams, and when it does there should be a special reason. The actual amount of fat used is based on a ratio between fat and carbohydrate, which has been described above. It is frequently necessary to know the total fat or ketogenic content of a diet and to find this it is necessary to remember that 46% of protein is converted into ketogenic material in the process of metabolism. There is no fat in carbohydrate. Fat itself is only 90% ketogenic, the remainder being glucose or anti-ketogenic. To find the total fat, of the same diet prescription proceed as follows:

## Prescription

Protein 75 gm x 4 equals	300 calories
Carbohydrate 162 gm x 4 equals	648 "
Fat 161 gm x 9 equals	<u>1449</u> "
Total	2397 "
46% of 75 gm equals 34.50 or	35 gm fat
0% of 162 gm equals	0 gm fat
90% of 161 gm equals 144.90 or	<u>145</u> gm fat
Total fat or ketone element	180 gm

After gaining the information afforded in a good history, and physical examination, the requirements are apparent to the experienced, and the prescription can be easily written without reference to a set of tables. It is done as follows: Assume the patient weighs 165 pounds, which is normal for his height, sex, and age, and it has been found that 2400 calories is sufficient for a maintenance diet, and there are no complicating factors, convert pounds into kilos by dividing 165 by 2.2 which is 75 kilos. We know now that the patient will be given 1 gram of protein for each kilo of body weight, or 75 grams of protein. The 75 grams of protein produces 300 calories.



## DIET MANUAL

### (Diabetic Diets Cont'd)

Then 2400 calories, total amount permitted, minus 300 calories leaves 2100 calories, that must be made up by carbohydrates and fats. At the same time a general estimation of the case is being made, consideration is being given to the carbohydrate-fat ratio and a decision as to what the ratio will be was made when an estimate of total calories was made.

Assume it to be  $\frac{\text{carbohydrate}}{\text{fat}}$  equals  $\frac{1}{1}$ . One gram of carbohydrate equals 4 calories, and one gram of fat equals 9 calories. At this ratio 1 gram each of these two elements equals 13 calories. Total calories left after protein calories are subtracted are 2100. Therefore,  $2100 \div 13$  equals 161.54 grams which is the number of grams of carbohydrate and fat permitted. Because of the fraction of gram it is decided to give 162 grams of carbohydrate, and 161 grams of fat. All this can be arrived at as fast as one can write. The prescription would then read as follows:

Protein 75 gms x 4 equals	300 calories
Carbohydrates 162 gms x 4 equals	648 "
Fats 161 gms x 9 equals	<u>1449</u> "
Total	2397 Calories

If a higher ratio of carbohydrate to fat is desired, say carbohydrate, 1.5 to fat 1, proceed as follows:

$1\frac{1}{2}$ grams carbohydrate equals	6 calories
1 gram fat equals	<u>9</u> "
Total	15 "

Then, 2100 calories allowed after protein is subtracted, divided by 15 equals 140 grams of fat. Carbohydrate is 1.5 times that of the fat, so  $140 \times 1.5$  equals 210 grams of carbohydrate. The prescription would then read:

Protein 75 grams x 4 equals	300 calories
Carbohydrate 210 grams x 4 equals	840 "
Fats 140 grams x 9 equals	<u>1260</u> "
Total	2400 "

Keep in mind the following points, when diabetic patients are examined:

- (a) Total calories required
- (b) Protein requirement
- (c) Carbohydrate requirement
- (d) Fat requirement
- (e) Carbohydrate-fat ratio

When the prescription is written it should be recorded in the ward order book and on the patient's clinical record and immediately sent to the dietitian. If the prescription does not reach the dietitian in

## DIET MANUAL

### (Diabetic Diets Cont'd)

time to construct a menu for the next meal, an emergency ration may be given of the following:

Bouillon, 240 cc  
Milk, 240 cc  
Toast, 1 slice  
Butter, 1/2 square  
Coffee, one cup

### TEACHING THE DIABETIC

It is not believed that a mass of diet tables is conducive to establishing interest and proper training of the diabetic. It is realized that tables on composition, and nutritive value of foods must be at hand for ready reference. The physician, dietitian, and patient all need these tables, as it is not possible, nor is it necessary to memorize them. It is the policy here, to so train the diabetic that he may be able to do the following for himself:

- (1) Convert a prescription for the diabetic diet into three equal meals and extend the elements into calories.
- (2) Plan the menu for such a prescription, carrying out the extensions into grams and calories of each element with accuracy.
- (3) Construct menus from his own maintenance diet prescription.
- (4) Estimate weights of various common foods by actual practice, on known quantities and attain proficiency in weighing foods.
- (5) Examine urine for percentage of sugar, with a fair degree of accuracy and care of equipment for urinalysis.
- (6) Identify various strengths of insulin from colors on labels.
- (7) Self administration of insulin.
- (8) Sterilization of skin for administration of insulin.
- (9) Sterilization and care of hypodermic needles, syringes and properly extract correct dose of insulin from bottle.
- (10) Institute proper care for cuts, bruises, corns and other complications likely to arise.

## (Diabetic Diets Cont'd)

This may seem difficult to accomplish but it is not. If the patient can read, write, add and subtract and multiply, it is relatively easy. The following subjects are taught patients in this hospital:

- (a) Method of examination of urine with demonstrations - By Laboratory Service.
- (b) Methods of weighing and measuring diets with demonstrations. - By Dietitian.
- (c) The administration of insulin, including self administration, method of sterilization of equipment, withdrawing dosage of insulin into syringes, sterilization of site to be injected and measuring dosage.- By charge nurse of ward.
- (d) Talks by Ward Officer on diabetes mellitus and its complications, and the diabetic diet.
- (e) Daily correction of patients' extended diets and constructed menus. - By Ward Officer.

Proficiency should be attained by the patient in two or three weeks. Tables and figures are not interesting unless one can understand and work them. By the above method, proficiency leads to restored confidence in the patient, with added interest and better cooperation. When instruction is presented properly, diabetics eagerly fall in line and maintain interest in the work. As soon as a patient has reached the maintenance diet stage he should be given a copy of the diet prescription and instructed regarding the division of it into 3 meals. The daily menu should be furnished and the patient required to extend the articles on the menu, meal by meal, and require total calories, protein, carbohydrate and fat in each meal to be that of  $\frac{1}{3}$  of the total prescription. When proficiency is attained in this, the patient should then be required to take the prescription for his own diet and make up a menu with extensions and submit for the doctor's approval. These should be checked carefully and if protein, fat, carbohydrate and total calories are correct, it should be sent to the kitchen and filled. The patient should then be required to eat it. The purpose of this is to teach the patient about the proper number of grams of various articles ordinarily used. If one orders too much of any item and is required to eat it, since this is a weighed diet, the error is not likely to happen again.

## SHOULD THE MILD DIABETIC BE TRAINED ?

There can be but one answer to this question. We have no assurance that a potential or mild diabetic will not in the near future be a severe diabetic. It is believed that any diabetic should be properly trained and also that mild cases should adhere as closely as



## DIET MANUAL

others to properly weighed diets. Many cases would probably never have advanced to their present stage had proper dietary precautions been observed.

Patients suffering from diabetes mellitus are advised to obtain a diabetic manual, and they are furnished a list of common foods with their nutritive value and menu extension sheets. When discharged they are given a copy of the hospital booklet on diabetes mellitus which contains pertinent information for them and also space for data regarding diet, urinalyses, blood sugar, etc. It has been found that this material is all that is necessary in their training.

Special attention is called to the list of foods commonly used. Such a list can be taken from any authoritative table on nutritive value of foods, makes a convenient ready reference for use while working on menu construction and is much easier than looking through tables containing hundreds of items, many of which will never be used. A diabetic manual, containing complete tables, should, however, be in the possession of every diabetic for reference.

The form patients use for training in menu work is the following:

# DIET MANUAL

## DIABETIC MENU CONSTRUCTION CHART

DIET: PROTEIN \_\_\_\_\_

CARBOHYDRATE \_\_\_\_\_

FAT \_\_\_\_\_

Total Calories \_\_\_\_\_

### BREAKFAST

ARTICLE	AMOUNT GRAMS	PROTEIN GRAMS	CARBOHYDRATE GRAMS	FAT GRAMS	CALORIES
TOTAL					

### DINNER

ARTICLE	AMOUNT GRAMS	PROTEIN GRAMS	CARBOHYDRATE GRAMS	FAT GRAMS	CALORIES
TOTAL					

# DIET MANUAL

## SUPPER

ARTICLE	GRAMS	PROTEIN GRAMS	CARBOHYDRATE GRAMS	FAT GRAMS	CALORIES
	TOTAL				
Breakfast					
Dinner					
Grand Total For Day					



# DIET MANUAL

## CHAPTER XVIII

### LOW PURIN DIET

The low purin diet is useful in the treatment of gout and other diseases when it has been determined purin bodies are in excess of the normal. Purin bodies are formed from meat and fish, principally, therefore, a low purin diet will not contain these items. Unless there is renal involvement the protein intake may be kept to approximately normal. This can be done by using milk, eggs, and cheese freely. The total caloric intake may remain at the normal level unless the patient is overweight or there be other reasons for a reduction. The carbohydrate-fat ratio may remain that of the normal diet. Tobacco should be limited and coffee, tea, cocoa and alcohol avoided.

Menus should be constructed as indicated below. Avoid all foods that are likely to cause digestive disturbance, as well as purin bearing ones.

FOOD	PERMITTED	AVOID
Fruits	All	None
Vegetables	All except those listed in next column	Lentils Spinach Peas Beans Cauliflower Asparagus Mushrooms Rhubarb
Cereals	All except those in next column	All from whole grain
Bread	All except those in next column	All made from whole grain
Soups	All except those in next column	All broths and those made from meat
Meat and Substitutes	Eggs Shad roe Caviar Cheese Gelatin Milk	Avoid all listed in table below
Butter	All	None

# DIET MANUAL

(Low Purin Diet Cont'd)

FOOD	PERMITTED	AVOID
Beverages	Milk	Cocoa Coffee Tea Alcohol

Below is a list of foods that contain a large or moderate amount of purins and must be avoided:

## MEATS

Sweetbreads	Pike	Goose
Anchovies	Perch	Chicken
Sardines	Venison	Oysters
Liver	Veal	Herring
Kidney	Liver Sausage	Mutton
Squab	Codfish	Ham
Trout	Beef	Salmon
Tongue	Clams	Lobster
Carp	Crab	Scallops
Turkey	Pheasant	Shrimp

## OTHERS

Cauliflower	Cocoa
Asparagus	Coffee
Peas	Tea
Mushrooms	Meat gravies
Spinach	Meat extracts
Lentils	Stock soups
Beans	Alcohol in all forms

Below is a sample menu for a low purin diet:

BREAKFAST	DINNER	SUPPER
Sliced pineapple	Cheese souffle	Cheese Fondue
Cream of wheat	String beans	Steamed rice
Coddled eggs	Creamed potatoes	Cream
Toast	Tomato-cabbage salad	Summer squash
Cream	Bread	Apple-cabbage salad
Butter	Butter	Bread
Postum	Tapioca pudding	Butter
	Milk	Prune whip

## DIET MANUAL

### HIGH PURIN DIET

The high purin diet is not a therapeutic diet. It is used, however, as an aid in the diagnosis of gout. The diet includes enough of the articles listed to be avoided under the low purin diet to total about  $2\frac{1}{2}$  grams daily. The total caloric and protein intake must remain approximately normal. The carbohydrate-fat ratio is not changed.



DIET MANUAL  
CHAPTER XIX  
ARTHRITIC DIETS

There are many clinical types of arthritis resulting from many etiological factors. Definite benefit is obtained in some cases from diet. Diet has been tried in all forms of arthritis but it is questionable if it is of any value in some types. In general, the following clinical types of arthritis are considered from the standpoint of usefulness of diet:

(a) Static or traumatic arthritis. Diet is of particular value in this type of arthritis. The reducing diet should be used. See page 46.

(b) Acute infectious arthritis. It is not believed that diet is of any value in the treatment of this type of arthritis. The type of diet used for any acute infectious disease is suitable.

(c) Chronic infectious arthritis. This type of arthritis is made up of many forms. Foci of infection can usually be found in most of the cases if adequate search is made. Many of these cases are associated with other outstanding subjective symptoms or objective findings. The rationale of the role diet plays in most of these is directly dependent on these symptoms. For instance:

(1) Chronic arthritis associated with chronic constipation is benefitted by the anticonstipation (A.C.) diet. See page 33. In such a diet the total caloric and protein intake should approximate the normal, and carbohydrates reduced about 25%.

(2) Chronic arthritis associated with malnutrition and underweight will do better if given a high caloric diet. The basal requirement should be increased 100%. Protein should be increased about 20% over the normal, no change in the carbohydrates and the remainder of total caloric intake made up of fats.

(3) Chronic arthritis associated with anemia. In this clinical form protein should be increased about 40% to 50% with a normal total caloric intake. Carbohydrates should remain normal. The principal increase in protein should be in meats that have been found useful in treating pernicious anemia, such as liver, red meats, etc.

(4) In all other cases of chronic infectious arthritis, diet may be of some benefit. Explanations of how and why a diet is beneficial are unsatisfactory. Most patients improve on treatment, however, much is done for them and it is difficult to say whether any of the improvement is due for diet. Diet should continue to be a part of the routine treatment of these cases. The diet that seems to be most beneficial is one that is low in total calories. The carbohydrate intake should be reduced by at least one third.

In requesting all these diets for chronic infectious arthritis it should be done as the examples below indicate. Determine first if there are outstanding associated symptoms remediable by diet, and

## DIET MANUAL

### (Arthritic Diets Cont'd)

include such information in the prescription, viz.:

Arthritic, Anticonstipation diet, carbohydrates 25 grams.

Arthritic diet, Calories 3100, protein 100 grams.

Arthritic Anemia diet, Calories 2600, protein 120 grams.

Arthritic diet, Calories 1700, carbohydrates 200 grams.

By writing the diet order in this manner the dietitian will have adequate information for preparation of the menu. It is necessary to mention only the elements in the diet it is desired to change. These diets are so variable and must be made according to the prescription written that a sample diet would be useless.

## DIET MANUAL

### CHAPTER XX

#### DIET FOR PERNICIOUS ANEMIA

Patients suffering from pernicious anemia who require hospitalization, will, usually need liver extract, ventriculin and other drugs administered as a part of their treatment. This, however, does not mean that diet is not the most important single factor in treating pernicious anemia. A special diet will be needed for the critically ill, the convalescent and for those in a stage of remission. In fact, the diet should never be given up regardless of the well being of the patient.

Diet plays a minor role in the treatment of secondary anemias. The most that can be said of diet in secondary anemia is that some of them recover a few days earlier on liver therapy, thereby shortening their stay in the hospital.

In pernicious anemia the diet should be modified approximately as follows:

- (a) Total caloric intake equal, at least to the normal maintenance diet for the person treated.
- (b) Protein increased 50% above the normal diet.
- (c) Fats reduced 50% below the normal diet.
- (d) Give at least 200 grams, (cooked weight), of freshly prepared liver, (calf or beef preferred), daily.
- (e) Make up remainder of protein intake largely from red meats trimmed of all visible fat.
- (f) Avoid fried and greasy foods.
- (g) Give at least 300 grams each of fruits and vegetables (preferably the following, fresh, when available):

#### Vegetables -

Lettuce  
Spinach  
Cabbage  
Tomato  
Asparagus

#### Fruits -

Oranges  
Grapefruit  
Strawberries  
Apricots  
Pineapple  
Peaches

It can readily be seen from these requirements that many problems pertaining to the diet are going to arise. Some of the patients are very ill and cannot take a solid diet, and in others the appetite is lost and it is difficult to get them to eat sufficient food. Some of the most difficult problems are solved by the recent advances made in liver therapy, making it possible to defer eating so much liver until partial recovery, at least, has occurred. There are, however, other elements in the diet, necessitating that the full pernicious anemia diet be consumed as largely as possible. It is for these reasons that the following general information is



## DIET MANUAL

### (Diet for Pernicious Anemia Cont'd)

Furnished. When it is desired to give anti-anemic diet to patients suffering from secondary anemia, the diet used in pernicious anemia cases may be used, however, it is not necessary to insist on more than one-half the amount of liver to be used and it is unnecessary to drastically reduce the fat intake.

### DIET GUIDE FOR PATIENTS WITH PERNICIOUS ANEMIA

#### Bread, Crackers, Cereals, etc.

May have: whole wheat bread or toast, potato, macaroni, dry or cooked cereals, rice and plain crackers.

Avoid: Cakes and pastries that will probably prevent patient from eating full amount of liver and other necessary articles of this diet. For this reason, breads, crackers and cereals should be limited.

Limit: Eggs, milk, cream.

Avoid: Cheese.

#### Drinks.

May have: Tea, coffee, cocoa.

Limit: Milk.

#### Fruits

(Fresh, canned or dried) 30 gms daily.

May have: Peaches, apricots, oranges, strawberries, grapefruit, dried figs, pineapple, blueberries, raisins, prunes, dried dates and bananas.

Limit: Restrict other carbohydrates to insure eating above fruits.

Limit: Sugar (20 grams), pickles, relishes, salt and vinegar.

#### Meats.

(200 grams daily)

May have: Liver, calves, beef or pig; 200 grams daily. Kidneys, chicken liver, Red muscle meat of beef, lamb or mutton. Calves or beef heart. (All meats must be trimmed of all visible fat before cooking).

Limit: Poultry, fish and shellfish.

Avoid: Bacon, pork, cottonseed oil, olive oil and all meat fats and oils.

#### Vegetables

(Cooked or raw)  
300 grams daily

Artichoke, beets, chard, mushrooms, peas, greens, spinach, asparagus, Brussel sprouts, string beans, cabbage, tomato, lettuce and cauliflower.

Avoid None.

# DIET MANUAL

## PERNICIOUS A NEMIA LIQUID DIET

### (P. A. LIQUID DIET)

For those who are unable to take anything except liquid foods the following diet may be used. The total caloric intake is low and the patient should not be kept on it more than three or four days if it is possible to avoid it.

#### SAMPLE MENUS

8:00 AM		2:00 PM	
Orange juice	120 cc	Oatmeal gruel	60 cc
One egg white		Milk	60 cc
Coffee	120 cc		
Milk	60 cc	4:00 PM	
		Tea	120 cc
10:00 AM		Milk	60 cc
Liver pulp	30 cc		
Orange juice	240 cc	6:00 PM	
		Liver pulp	30 cc
12 Noon		Grapefruit juice	120 cc
Liver milk soup (30 cc liver pulp)		Peach puree	60 cc
Spinach puree	90 cc		
8:00 PM		10:00 PM	
One egg white		Cream of wheat gruel	60 cc
Orange juice	120 cc	Milk	60 cc

## PERNICIOUS ANEMIA LIGHT DIET

### (P.A. LIGHT DIET)

This diet is useful when it is no longer necessary to keep the patient on a liquid diet yet it is felt it is too early to begin the regular diet for pernicious anemia. It is also useful in those cases not able to take the full diet because of a lack of appetite.

#### SAMPLE MENUS

7:00 AM		Baked potato	60 grams
Oranges	1	Spinach	60 grams
Lamb chop (average size)	1	Stewed figs	60 grams
Toast (whole wheat)	30 grams	3:00 PM	
Butter	10 grams	Milk	120 cc
Coffee	120 cc	Raisins	30 grams
Milk	30 cc	6:00 PM	
9:00 AM		Beef Bouillon	120 cc
Scraped beef ball	30 grams	Baked stuffed potato	90 grams
Whole wheat bread	1 slice	calf liver	120 grams
Dill pickle	1	Pear Salad	
12:00 Noon		9:00 PM	
Stuffed green peppers	90 grams	Scraped beef ball	40 grams
calf liver		Whole wheat bread	1 slice
Tenderloin steak	70 grams	Milk	180 cc

# DIET MANUAL

## PERNICIOUS ANEMIA REGULAR DIET

### (P.A. REGULAR DIET)

Patients with pernicious anemia should not be kept on liquid or light diet any longer than necessary. As soon as the appetite has returned and the condition of the gastro-intestinal tract will permit, these patients should be urged to eat the regular diet for pernicious anemia cases. Only this diet insures adequate total caloric intake with the required amount of liver.

### SAMPLE MENUS

#### 7:00 AM

Stewed prunes	200 grams	Toast, whole wheat	20 grams
Raisins	30 grams	Butter	10 grams
Cream of wheat	120 grams	Coffee	120 grams
Broiled kidneys	80 grams	Milk	30 grams

#### 9:00 AM

Scraped beef	20 grams
Whole wheat bread	1 slice
Dill pickle	1

#### 3:00 PM

Strawberries	120 grams
Raisins	60 grams

#### 12:00 Noon

Broiled ground liver cocktail	80 grams liver
Roast beef	90 grams
Steamed rice	60 grams
Lettuce salad	200 grams
Mineral oil mayonnaise	
Sliced pears	300 grams
Milk	120 grams

#### 6:00 PM

Broiled liver	90 grams
Spinach	120 grams
Tomatoes	120 grams
Lettuce	120 grams
Apricots	240 grams

#### 9:00 PM

Ground liver in aspic jelly	90 grams liver
Soda crackers	2
Milk	240 grams

The following is pertinent information pertaining to liver diets:

(1) A day's ration of liver should be 200 grams, or about 6 ounces. One calf liver uncooked, weighs from 2 to 3 pounds and will lose from 40 to 50 per cent in preparation.

(2) Calf or beef liver should be sliced and broiled. Chicken livers should be steamed. Do not soak liver before broiling, and do not overcook.

(3) When cooked, remove veins and further prepare by, (a) chopping in small pieces, or, (b) mince coarsely, or, (c) mince finely and strain.



## DIET MANUAL

### (Pernicious Anemia Regular Diet Cont'd)

(4) Season with salt and a pinch of sugar. Moisten with gravy from roast meat, or broth from boiled meat or fowl.

(5) Additional seasonings valuable in disguising liver, especially in liver cocktails are:

Chop suey sauce, celery salt, onion salt, curry,  
Worcestershire sauce, tomato puree, chili sauce.

### PREPARATION OF LIVER DISHES

Special effort must be made to insure ingestion of the proper amount of liver. Liver may be served in many ways. Hot or cold dishes may be used. Recipes for these dishes are given in Chapter 38. It is believed they are adequate for all needs in the preparation of liver dishes.

### ORDERING DIETS FOR PERNICIOUS ANEMIA PATIENTS

Diets for these cases are not limited to the above mentioned. They will ordinarily be satisfactory for most cases, and should be ordered by the above named. In all other cases, where these diets do not meet the requirements of the cases, they should be ordered by stating the type of diet, viz., Pernicious Anemia (liquid, light or regular) Diet, and state total caloric intake desired, and the amount of fat to be used. For example: Pernicious Anemia, Light Diet, Calories 1800; Fat 75 grams. No further information will be required by the dietitian.

## DIET MANUAL

### CHAPTER XXI

#### ALKALINE- ACID DIETS

In terms of the normal solution, foods utilized by the body produce an excess base or acid balance, or result in a neutral residue. From the standpoint of the acid-base balance, it is important to know the foods that result in excess alkaline, or acid balance. Both of these diets are useful in the treatment of certain diseases.

#### HIGH ALKALINE DIET

This diet is useful in the treatment of acidosis. Its use will result in a high alkaline balance. In the preparation of these menus it must be remembered there are certain materials, that are classed as neutral foods. They are butter, cream, olive oil, vegetable fats, lard, cornstarch, sugar, tapioca.

In preparing menus for the high alkaline diet select foods from the list, as outlined below. Neutral foods may also be used, if desired, but not in sufficient quantity to reduce adequate intake of the high alkaline foods. If any foods from the acid balance list are used, they should be limited to the minimum, and only the low acid ones used.

Bread, Cereals,  
Etc.

May use: Cornstarch and tapioca.  
Avoid: all others.

Fruits

May have: almonds, apples, bananas, cherry juice, cocoanuts, currants, dates, figs, grape juice, grapefruit juice, lemons, oranges, peaches, pears, pineapple, pineapple juice, raisins, raspberry juice.  
Avoid: Prunes, plums, cranberries.

Vegetables

May have: Asparagus, brussel sprouts, beans, dried; beans, lima, fresh; cabbage, carrots, cauliflower, celery, cucumber, lettuce, mushrooms, onions, parsnips, peas, dried or fresh; potatoes, radishes, rutabagas, spinach, tomatoes, tomato juice, turnips.  
Avoid: Corn.

Miscellaneous

Milk, cows'; molasses, chestnuts.

Breakfast

Dinner

Supper

Baked apple

Orange juice

Tomato juice

Cream

Creamed asparagus

Mashed potatoes

Pineapple juice

Baked potato

Butter

Bacon

Pineapple-lettuce salad

Creamed spinach

Toast, 1 slice

Butter

Shredded carrot-cabbage  
salad

Milk

Sliced pears

Mayonnaise

Milk

Mayonnaise

Sliced peaches

Milk

## DIET MANUAL

### HIGH ACID DIET

The high acid diet is used frequently in the treatment of nephritis. It is also used in certain conditions caused by improper calcium metabolism. The high acid diet combined with the low calcium diet is of particular value in lead poisoning. In preparing menus for this diet, the neutral foods must be considered.

They are: Butter, cream, olive oil, all vegetable oils, lard, cornstarch, sugar and tapioca.

It is difficult to construct a palatable menu from acid producing foods, alone. Alkaline foods are frequently used also, but care must be exercised to see that only those of low alkaline content are used. In preparing the high acid menus, the following guide should be followed:

#### Bread, Cereals etc.

Whole wheat bread, white bread, rye bread, oatmeal, rice, shredded wheat, Farina, soda crackers, graham crackers, dry cereals.

Avoid: Tapioca and cornstarch.

#### Fruits

Prunes, plums, cranberries.  
For variety some low alkaline fruits may be used.  
They are: canned pears, lemons, watermelon, grapes applesauce.

#### Meats and

Dairy Products Bacon, beef, lean; mutton, pork, rabbit, veal, venison, salmon, oysters, turkey, trout, chicken eggs, cheese.

Avoid: Large amounts of milk.

#### Vegetables

Corn.

Other vegetables will be needed. They should be selected from the following low alkaline list.  
Cabbage, celery, cucumbers, asparagus, string beans, onions, squash, radishes, rutabagas.

#### BREAKFAST

#### DINNER

#### SUPPER

Stewed prunes  
Shredded Wheat bis-  
cuit  
Eggs  
Bacon  
Toast  
Cream  
Butter  
Coffee

Lentil soup  
Tenderloin steak  
Stewed corn  
String beans  
Shredded cabbage salad  
Mayonnaise  
Cranberry pie  
Bread  
Butter  
Tea or coffee

Roast veal  
Steamed rise  
Baked squash  
Asparagus salad  
Mayonnaise  
Bread  
Butter  
Fresh plums  
Tea or coffee



# DIET MANUAL

## CHAPTER XXII

### DIET FOR FOOD ALLERGY

Food allergy is manifested by various clinical symptoms, some of which are difficult to recognize. It is also difficult, and sometimes impossible to determine the food that causes allergic reactions. So many foods are used in our daily menus, that it requires patience and prolonged effort on the part of patient and physician to accomplish anything. Skin tests are often useless in determination of the allergens. Most of the foods we eat do not hurt us. Those that do cause reactions of one kind or another are innocently hidden among the others, and are not suspected. Because of this, it is best to start the hunt for these injurious foods by providing the patient with a very simple diet. It is important that every article that goes into every recipe, is known, and that all ingredients come within the permissible list. It is known that of the long list of common foods in this country, some of them are rarely found to be the cause of food allergy. It is also known that from this same list another fairly small group represents most of the foods that cause reactions when eaten. The remainder of the long list of our foodstuffs may, or may not cause allergic reactions when eaten. The complete diet list is then divided into three parts viz.:

- (a) That group of foods seldom, if ever, causing food allergy.
- (b) That group that is most frequently found to be the cause of food allergy.
- (c) And that group, (the large group), that usually do not, but may cause allergic reactions.

It is obvious that the patient suffering from food allergy should be provided with a diet, the articles of which seldom, if ever are known to be allergens. It is not possible to provide a well balanced palatable diet from this food list because it is so small. For purposes of identification and because they do not cause reactions, they are called Class I foods.

#### CLASS I FOODS

##### (SELDOM, IF EVER, CAUSE ALLERGY)

Almonds	Guava	Persimmons
Artichoke	Flounder	Plums
Avocado	Halibut	Rabbit
Buckwheat	Olives	Sago
Cranberry	Pepper	Tuna fish
Cucumber	Hickory nuts	Turkey
Cuck	Loganberries	Watermelon
Figs	Mushrooms	Zucchini

For identification and because they are to be avoided, the foods most often found to be offenders are put into the second class and are called Class II foods. They are:

## DIET MANUAL

### CLASS II FOODS

(MOST OFTEN CAUSING FOOD ALLERGY)  
(Listed in order of frequency as allergens)

Wheat	Strawberries	Lettuce
Eggs	Walnut	Oysters
Milk	Oatmeal	Crab
Chocolate	Pork	Shrimp
Cabbage	Carrots	Lobster
Tomato	Celery	Peanuts
Orange	Salmon	Cantaloupe
Caluiflower	Apples	Navy beans
White potato	Grapefruit	Grapes
Banana		

The remainder of the long list of foods are put into a third class and known as Class III foods. Such a list is easily available and too long to repeat here.

By examining foods in Class I group, it is seen that it would be difficult to provide suitable diets from this list. Diets in food allergy should provide for adequate or normal intake with proper ratio between proteins, carbohydrates and fats. Proper procedure then requires the use of as much of Class I foods as possible, none of Class II and complete the menu from as few articles as possible from Class III. Until proper identification of the offending foods have been made all these diets are also test diets and it is necessary that copies of the menus be kept on file. When the diet is begun it should be continued for 10 days unless allergic reactions are occurring.

To supplement Class I foods another group must be selected from Class III foods. As few as possible should be chosen and if the patient becomes symptom free in the first ten days add necessary articles for variety only from Class III. Additional foods added should be one at a time and not oftener than every third day. When this stage is reached without symptoms it is time to add articles from Class II foods, one at a time every third day. As offending foods are identified they are temporarily eliminated from the diet until the entire Class II foods have been tried. When this has been done, the offending foods may be tried again in small quantities and if symptoms arise again the patient should be desensitized to the offending foods or eliminate them permanently from the diet.

The following group of Class III foods used in conjunction with Class I foods will be adequate for the first 10 days. After that, additional variety is afforded by further selection from Class III as described above.



## DIET MANUAL

### SUPPLEMENTAL FOODS FOR CLASS I FOODS

#### Bread, Cereals, etc-

Corn flakes  
Rice flakes  
Corn meal mush  
Corn pone  
Tapioca

#### Fruits -

Lemons  
Prunes  
Dates  
Apricots  
Pears  
Pineapple

#### Vegetables

White turnips  
Egg plant  
Corn  
Spinach  
Parsnips  
Rhubarb  
Endive

#### Miscellaneous-

Corn oil  
Molasses  
Maple syrup  
Sugar  
Coffee  
Salt  
Gelatin  
Pecans  
Cornstarch  
Lentils

Class I foods plus the supplemental list will assure adequate caloric intake if menus are properly prepared. In cooking, articles not in these two lists must not be used.

### ORDERING FOOD ALLERGY DIETS

It is not sufficient when prescribing this diet to merely order a food allergy diet. These diets are frequently used in the treatment of children and it must be remembered that this class of patients require 2 to 3 grams or more of protein per kilogram of body weight. It is therefore necessary to specify the diet and include the total caloric intake, and number of grams of protein desired. Example: Food allergy diet, calories 2600, protein 78 grams.

### FOLLOW-UP AND RECORD OF CASE

(a) When the dietitian receives the diet prescription, menus are made for the first ten days. A copy of the menu for each day will be sent to the ward for reference and to be filed on the chart.

(b) If the ward officer does not desire the above diet, (a), continued longer, additional articles will be added from Class III foods as outlined above until a fairly wide range of foods have been reached.

(c) Contact will then be made with the Ward Officer, and if satisfactory, begin with the addition of Class II foods. These will be added one at a time every third day, beginning with milk, then eggs, etc. A record will be made of all foods causing reactions. Below are sample menus useful in the first ten days' treatment. Menus for later stages of treatment are readily constructed from the wider range of foods.



## DIET MANUAL

### SAMPLE MENUS

#### BREAKFAST

Pineapple juice  
Fried rice  
Maple syrup  
Bacon  
Corn pone  
Coffee  
Sugar

#### BREAKFAST

Stewed rhubarb  
Fried mush  
Molasses  
Bacon  
Corn pone  
Sugar  
Coffee

#### DINNER

Chicken soup  
Broiled chicken  
Boiled rice  
Boiled spinach  
Corn pone  
Sliced pears  
Coffee

#### DINNER

Lentil soup  
Broiled halibut  
Boiled white turnips  
Zucchini  
Corn pone  
Stewed figs  
Sugar  
Coffee

#### SUPPER

Lamb chops  
Hominy  
Parsnips  
Endive  
Rice, raisin  
pudding  
Coffee

#### SUPPER

Roast lamb  
Steamed rice  
Boiled spinach  
Olives  
Sliced pine-  
apple  
Sugar  
Coffee



## DIET MANUAL

### CHAPTER XXIII

#### THE DIET IN TUBERCULOSIS

Diet is important in the treatment of tuberculosis. When the disease is limited to the lungs and is very active the constitutional symptoms may prevent the consumption of the proper amount of food. During the acute symptoms the appetite is frequently abnormal and there is a desire for no or little food or such items that constitute a very badly balanced diet. In such cases the diet is that furnished any patient acutely ill with a fever from any cause. The diet, whether liquid or light will usually have to be given in small feedings frequently and it may be necessary to give concentrated foods if the patient has trouble consuming sufficient calories by taking ordinary liquid or light diet.

After the acute symptoms have passed the appetite increases and the patient will take adequate food without coaxing. In fact, most patients have erroneously gained the idea that "stuffing" with food, a large part of which is cream and other fats will hasten the cure of tuberculosis. Not only does this fail to produce beneficial results, but often causes gastrointestinal upsets. After the acutely ill state has passed, dietotherapy is distinctly helpful in three manifestations of the disease and the diet suitable for one is not borne well by the other. These are,

1. Cases in which the disease is limited to the lungs and the patient is not acutely ill and the appetite assures adequate cal oric intake.
2. Cases of pulmonary tuberculosis in which there is involvement of the gastrointestinal tract attended by the usual upsets including diarrhea.
3. Those cases in which there is laryngeal involvement.

#### REGULAR DIET IN TUBERCULOSIS

In the first group of cases the diet should be ample in calories but should not ordinarily exceed 30-35 calories per kilo of the normal weight for adult patient. It is not believed that the ratio of distribution of protein, fats and carbohydrates should be disturbed. It has been noted that patients consuming large amounts of fat are prone to have digestive disturbances. It should be remembered that the treatment of tuberculosis is a system of many procedures well organized and carefully executed. The forced consumption of excessive fat often not only fails to increase weight but disturbs a well regulated regime of treatment. It should also be remembered, were it possible in every case to gain weight that in many cases such weight gain is not desired.



## DIET MANUAL

It is believed that the above diet should be so planned that it contains a liberal amount of all vitamins and minerals. This means that the diet should contain, among other items, leafy vegetables, fruit juices and milk to assure replacement of the minerals and vitamins. Medical feedings are often advised but actually while in the hospital the meals are so close together that this is not required, except it is felt that milk or fruit juices should be given about 9:00 PM before retiring. In this stage there is no restriction on the items of food that may be included in the diet. Such patients, however, should be permitted tea, coffee and tobacco in moderation and alcohol in all forms prohibited unless prescribed by the physician. Below are some sample menus for this type of case.

BREAKFAST	DINNER	SUPPER
Grapefruit juice	Beef broth	Vegetable soup
Farina, cream and sugar	Minced chicken on toast	Lamb chops
Scrambled eggs	Mashed potatoes	Green peas
Bacon, 2 slices	Pineapple lettuce salad	Baked potato
Toast, two slices	Buttered rolls	Lettuce with french dressing
Toast and butter	Apple pie	Hot biscuits
Hot cocoa	Milk	Butter
		Cup custard
		Hot chocolate
		9:00 PM
		Glass of milk or fruit juice

### ENTERIC DIET IN TUBERCULOSIS

In the second group of cases an effort must be made to maintain the weight and strength of the patient and reduce or eliminate the gastrointestinal symptoms including the diarrhea. Often this cannot be done. So far as diet is concerned, all that can be done is to provide a diet adequate for the patient under normal conditions, and prepare this diet so there will be as little residue as possible. It is believed that Vitamins C and D are beneficial in intestinal tuberculosis and the diet should be so constructed that it contains an abundance of those in addition to the usual amounts of the other vitamins. In this diet there are certain foods that should be avoided. The following outline should be followed in preparing this diet.

FOOD	USE	AVOID
Beverages	Coffee	All containing alcohol
	Tea	Carbonated waters
	Milk	All iced drinks

# DIET MANUAL

## (Enteric Diet in Tuberculosis Cont'd)

FOOD	USE	AVOID
Breads	All except those containing bran	All containing bran whole wheat bread Bran muffins
Cereals	All cooked cereals and dry cereals except those containing bran	Avoid all cereals containing bran.
Cheese	Creamed cottage cheese	Avoid all others
Desserts	Ice cream if eaten slowly Boiled custard Rice pudding Gelatin desserts with cream Junkets Sponge cake	Avoid all containing berries
Fats	Cream Butter Salad oil Mayonnaise Bacon	Fats not to be used in excessive amounts
Fruits	Fruit juice Ripe bananas Cooked peaches, pears, apples and apricots	All coarse fruits containing fiber seeds and skins. All cooked that is not sieved.
Meats	All meats, liver and sweetbreads freely	All highly seasoned meats Fried meats
Soups	Meat broths Cream soups Vegetable purees	All others
Vegetables	Potatoes (except fried) Puree of asparagus " " pea " " string bean " " Squash " " tomatoes " " turnips " " Egg plant " " pumpkin " " beets Tomato juice freely	Cabbage Cauliflower Brussel sprouts Coarse string beans Corn All vegetables not pureed

## DIET MANUAL

### (Enteric Diet in Tuberculosis Cont'd)

Below are sample menus for this type of diet.

BREAKFAST	DINNER	SUPPER
Pureed fruit	Strained soup	Strained tomato soup
Cream of wheat	Crackers	Scalloped sweetbreads
Eggs-bacon	Roast lamb with strained gravy	Creamed potato
White Toast	Mashed potato	Pureed lima bean timbale
Butter	Pureed buttered carrots	Asparagus tips
Milk	Butter	White toast
Coffee	White toast	Butter
	Milk	Cup custard
10:00 AM	Orange ice	Milk
Tomato juice		
	3:00 PM	9:00 PM
	Eggnog	Orange juice

### DIET IN LARYNGEAL TUBERCULOSIS

In the third group or those cases with laryngeal involvement many of them are unable to eat sufficient food to maintain body nutrition. If this is not corrected there soon follows extensive edema of the extremities and this is soon followed by ascites, hydrothorax, etc. In such cases of malnutrition the plasma proteins are low and the diet should be one high in proteins, low in salt and so modified in consistency that an adequate amount can be taken. When there is pain from swallowing the bulk must be reduced and the diet bland. In some severe cases tube diets may have to be used. See page 13 for tube diets. In prescribing the high protein salt free diet the question arises over the amount of protein to be given. This is not definitely determined and may not be the same in all cases. A check should be kept on daily loss of albumin in the urine and this amount plus 50-60 additional grams should be provided in the diet. When this diet is ordered the number of grams of protein desired should be stated. Below is a sample menu for high protein, low salt diet, suitable for laryngeal cases before extensive edema develops.

BREAKFAST	DINNER	SUPPER
Grapefruit juice	Creamed chicken on toast	Cream of celery soup
Crisp bacon	Pureed beans	Roast beef
Soft boiled eggs	Creamed cauliflower	Pureed beets
Toast (salt free)	Salt free bread	Baked potato
Oatmeal with skimmed milk	Cup custard	Salt free bread
Coffee	Tea or coffee	Banana cottage cheese salad
		Apple sauce
10:00 AM	3:00 PM	Coffee with cream and sugar
Orange juice	Tomato juice	
		9:00 PM
		Grapefruit juice



## DIET MANUAL

### (Diet in Laryngeal Tuberculosis Cont'd)

Note - Do not add salt to food before, during or after cooking. Use salt free bread and butter and omit milk until edema disappears.

Special diets have been advised for almost every form of tuberculosis. It is not believed that special diets are of any particular value in other types of cases than those described above.



# DIET MANUAL

## GASTROENTEROSTOMY DIET

### First Day

Hot water, 4 cc every 20 minutes if tolerated.

### Second day

Hot water or tea, 6 to 10 cc every 20 minutes if tolerated

### Third day

8:00 AM: Strained broth of oatmeal, barley or rice 60 cc  
10:00 AM: Orange juice, sweetened to taste 20 cc  
12:00 Noon: Strained broth 60 cc  
2:00 PM: Orange juice 20 cc  
4:00 PM: Strained broth 60 cc  
6:00 PM: Orange juice 20 cc  
9:00 PM: Orange juice 20 cc

### Fourth Day

6:00 AM Orange juice sweetened to taste 30 cc  
8:00 AM Strained broth of oatmeal, barley, rice or peas 60 cc  
9:00 AM: Orange juice 30 cc  
11:00 AM: Orange albumin 30 cc  
3:00 PM: Orange juice 30 cc  
4:00 PM: Strained broth 60 cc  
6:00 PM: Orange juice 30 cc  
9:00 PM: Orange juice 30 cc  
Hot water 30 cc every 30 minutes if tolerated.

### Fifth Day

6:00 AM: Strained gruel of oatmeal, barley or rice 60 cc  
With strained, stewed prunes, apple sauce or apricots 30 cc  
9:00 AM: Orange juice 100 cc

12:00 Noon: Strained puree of peas, string beans, carrots, spinach or cauliflower 60 cc  
Beef juice 20 cc  
Fruit ice 16 cc  
Butter 2 cc

2:00 PM: Orange juice sweetened 100 cc

4:00 PM: Strained gruel of oatmeal, barley or rice 60 cc  
With strained prunes, apple sauce or apricots 30 cc  
8:00 PM: Orange juice 100 cc

### Sixth and Seventh Days

6:00 AM: Gruel and puree 100 cc  
9:00 AM: Orange juice sweetened 150 cc  
12:00 NOON: Puree 100 cc  
Beef juice 30 cc  
Fruit ice 30 cc  
2:00 PM Orange juice 100 cc  
4:00 PM: Gruel and fruit 100 cc  
6:00 PM: Orange juice 100 cc  
8:00 PM: Orange juice 100 cc

### Eighth and Ninth Days

Breakfast: Wheatina, farina, food of wheat cooked and strained 200 cc  
Strained, stewed fruit 40 cc  
Hot tea 200 cc  
9:00 AM: Orange juice 120 cc  
Dinner: Baked potato, small and mealy, with square of butter and a little salt 150 cc  
Strained spinach, carrots, peas, string beans, asparagus or cauliflower 150 cc  
Beet juice 30 cc  
Vegetables may be decreased and an equal amount of zweiback or arrowroot crackers soaked in beef juice substituted  
Fruit juice 60 cc



## DIET MANUAL

### (Gastroenterostomy Diet Cont'd)

2:00 PM: Orange juice 120 cc  
 Supper: Same as breakfast  
 and add custard, junket or  
 gelatin 100 cc  
 8:00 PM: Orange juice 120 cc

Tenth Day:  
 Same as Ninth Day except add-  
 Breakfast: Egg, poached or  
 soft boiled 1  
 Toast, small piece 1  
 Dinner and Supper:  
 Lamb chop, chicken or  
 fish small serving  
 Jelly or marmalade 10cc  
 Toast, small piece 1

Strain all vegetables and cereals until the 14th day. Diet for the tenth day should be continued until the fourteenth day when the patient will be placed on suitable diet for convalescence. If surgery was performed because of duodenal or gastric ulcer the patient should be placed on the convalescent ulcer diet.

The above diet is known as the gastroenterostomy diet and should be ordered by this name. This diet is suitable for most post-operative gastric cases.

### DIET FOR GASTRIC RESECTION CASES

#### First Seven Days -

Same as first 7 days gastro-  
 enterostomy diet.

Dinner: Same as gastro-  
 enterostomy cases except  
 give half portions.

#### Eighth Day -

Breakfast: Same as gastro-  
 enterostomy diet except give  
 half portions.

2:00 P.M. Fruit juice 150 cc  
 Zwieback 1 piece  
 4:30 PM: Supper: same  
 as gastro-enterostomy  
 cases except give half  
 portions

7:30 AM: Fruit juice 150 cc  
 9:30 AM: Egg nog 150 cc  
 Zwieback 1 piece

6:30 PM: Fruit juice 150 cc  
 8:30 PM: Cocoa 150 cc  
 Toast 1 piece

This diet should be continued until it is safe to place the patient on the convalescent ulcer diet.

The following table outlines the diet suitable for most of the other surgical cases. It must be remembered that these diets should be further modified if applications are present at the time of operation or develop afterwards.

# DIET MANUAL

(Diet for Gastric Resection Cases Cont'd)

OPERATION	Nothing	Water	Water and Tea	Liquid	Soft	Light	Regular	For residue 4th day and until 2nd stage	Low Fat Soft
Colostomy 1st stage		1		2					
Colostomy - 2nd stage		1		2-3				4-	
Ileostomy		1		2-3				4-	
Breast operation		1			2-3		4-		
Appendectomy	1	2		3-4	5-6		7-		
Gallbladder cases	1	2		3-4					5-8
Hernia	1	2		3-4	5-6		7-		
Hemorrhoidectomy		1		2-4	5		6-		
Kidney cases	1	2		3-4	5-6		7-		
Operation on uterus tubes and ovaries	1	2		3-4	5-6		7-		
Orthopedic cases		1		2-3	4-5		7-		
Goiter operations		1		2-3	4-6		7-		

Note- Figures appearing under diet columns indicate the days as related to the date of the operation the patient should be on the diet. Minus sign after the figures indicate the diet is to be continued until some other diet is indicated and prescribed.

## DENTAL DIETS

All diets heretofore listed may be prescribed for dental cases. Liquid and soft diets are suitable as they are served other patients. Light, regular and special diets may be further modified to change their consistency only if otherwise suitable. Change in consistency means merely the food will be reduced to a state so the patient without teeth can eat it. When ordering these diets the word

## DIET MANUAL

### (Dental Diets Cont'd)

Edentulous should precede the name of the diet desired. For instance:

Liquid diet  
Soft diet  
Edentulous light diet  
Edentulous regular diet  
Edentulous high carbohydrate, low fat diet

When diets are ordered in this manner the food will be prepared so the edentulous patient can eat it.

### DIET FOR DENTAL EXTRACTIONS AND FRACTURES

Extensive dental extractions of the maxilla or mandible require special consideration. The following diet will meet these Conditions. The patient usually remains on this diet about a week, or ten days, or until the case is completed, or changed by the dental officer in charge of the case. When the change is made, the patient can be returned to one of the diets mentioned in other pages of this book, especially if the diet is further modified by changing the consistency, so that it is suitable for the edentulous patient. Below is the diet for extensive dental fractures and extractions.

7:00 AM: Fruit juice (albuminized orange juice), cereal gruel, thin with beaten egg. Coffee.

9:00 AM: Albuminized orange juice.

11:00 AM: Cream soup or strained vegetable soup, puree vegetable; thin with beaten egg added, soft custard or ice cream.  
Coffee, tea or milk.

1:00 PM: Eggnog or albuminized orange juice.

3:00 PM: Fruit juice.

5:00 PM: Cereal gruel with beaten egg.  
Puree vegetable.  
Jello or soft custard.

7:00 PM: Cream soup or strained vegetable soup.

9:00 PM: Albuminized orange juice.

Each feeding to be followed by rinsing the mouth with 1-1000 solution of potassium permanganate.



# DIET MANUAL

## CHAPTER XXV

### THE CHILD'S DIET

Diets for children require special consideration. This is due to the fact that they require less total calories and a higher protein intake than the adult. Each of these diets may be considered a special diet, and unless there are definite contraindications the following general guide will be followed in the preparation of menus for these diets. These diets pertain to those between 2 and 15 years of age.

- (a) Provide at least 3 grams of protein per kilo of body weight.
- (b) Provide 80 calories per kilo of body weight.
- (c) Carbohydrate-fat ratio remain unchanged.
- (d) Give at least one quart of milk daily.
- (e) Give at least one egg daily.
- (f) Give at least 4 ounces of orange juice daily.
- (g) Give liver once a week.
- (h) Give Whole Wheat bread once daily.

When ordering these diets state as follows: Child Diet, Weight 30 pounds. The weight given should be the normal weight for sex and age, rather than the actual weight. Based upon this information and upon the above principles in preparation of diets the dietitian will prepare suitable menus without further information. If the patient's condition prevents the use of certain foods the diet may be further modified by using proper terms outlined under chapter on Special Diets, viz., Child, low fat, high carbohydrate diet weight 60 pounds. Most foods used by adults may be eaten by children if properly prepared. Menus will be prepared from the following:

Bread, Cereals, Crackers  
May have all.

Beverages  
Milk, cocoa, eggnog, malted milk and ovaltine.

Cereals  
May have all.

Eggs  
Any form except avoid fried eggs.

Desserts  
May have ice cream, plain cakes and puddings, plain cookies and jello.  
Avoid: Pastry.

Fruits  
All full ripe fresh, canned or cooked.

Meats and Meat Substitutes  
May have all.

## DIET MANUAL

### (Child's Diet Cont'd)

#### Vegetables

May have all, if well cooked and not too highly seasoned.

Avoid the following:

- (a) condiments; (b) Excessive sweets; (c) Fried foods;
- (d) Pastry; (e) Tea and coffee.

#### SAMPLE MENUS

##### BREAKFAST

Orange juice  
Cream of wheat  
Egg  
Whole wheat toast  
Butter  
Milk

10:00 AM

Malted milk

Graham cracker

##### DINNER

Cream soup  
Baked potato, stuffed  
with baked liver  
Mashed string beans  
Bread  
Butter  
Apple sauce  
Milk

3:00 PM

Albuminized orange  
juice

##### SUPPER

Small scraped beef  
patty  
Apple lettuce salad  
Bread  
Butter  
Ice cream  
Milk

#### INFANT FEEDING

It is **not** intended that instructions for feeding infants be included in this manual. This would require too much space. There are, however, certain data that is useful as a general guide. Some infants do well on any one of several diets and other require changing from one food to another, and repeated modifications before a suitable diet can be found. Breast feeding for the first six or seven months is to be encouraged, but when artificial feeding must be substituted, the following general information is furnished as a guide:

##### (a) Formulas

These with instructions for preparation, will be furnished by the physician in charge of case.

##### (b) Feedings

Feedings are given every 4 hours for 5 or 6 feedings to normal infants for six months and the second six months every 4 hours for four feedings.

##### (c) The number of calories are based on 120 calories per kilo of the normal body weight for age and sex up to one year of age.

##### (d) Amount given at each feeding

First six months, ounces equal to age of infant in months plus 2. Second six months, total amount 1000 cc.

## DIET MANUAL

### (Infant Feeding Cont'd)

(e) Additional articles (Milk feedings as outlined above).

#### Birth to 3 Months

Orange or tomato juice 1/2 teaspoonful, gradually increased to 1/2 ounce. Dilute at first.  
Cod liver oil 1/2 teaspoonful increased gradually to one teaspoonful.

#### 4 to 6 Months

(with 10:00 AM feeding)

Increase orange or tomato juice to one ounce and cod liver oil to 2 teaspoonfuls.  
Cream of wheat or farina 2 tablespoonfuls.

#### 6 to 7 months

(with 2 :00 PM feeding)

Orange or tomato juice 1 ounce.  
Cod liver oil 3 teaspoonfuls, strained vegetables, (peas, string beans, spinach, carrots, beets) two teaspoonfuls.

#### 8 to 12 months

Continue above.  
Add zweiback or toast with 2PM feeding.  
Add mashed potato with 6 PM feeding.  
Use whole milk at 10 months of age.

#### 12 to 18 months

(100 calories per kilo)

Continue above diets. Add small servings of bacon, scraped beef, chicken, and mashed potato. Give one egg daily as custard.  
Give apple sauce once daily.

#### 18 months to

2 years

(90 calories per kilo)

Continue above. Large quantities if desired. Add cooked fruit once daily.



## DIET MANUAL

### (Infant Feedings Cont'd)

When artificial feeding becomes necessary a table of nutritional value of the various common foods used in infant feeding is desirable. For this reason the following values are given:

Article	GM	Protein	Carbohydrates	Fats
Whole milk	100	3	5	4
Skimmed milk	100	3	5	1
Condensed milk (Plain)	100	10	11	9
Condensed milk (Sweet)	100	9	54	8
B.M.A. Powder	100	10	59	28
Eryco powder	100	32	46	12
Glaxo powder	100	27	38	28
Extri-Maltose	100	0	95	0
Maple syrup	100	0	85	0
Flour of wheat (dry)	100	12	74	1
Farina (dry)	100	11	76	1
Atmeal (dry)	100	17	66	7

## DIET FOR CHRONIC LEAD POISONING

If there are acute symptoms such as colic, acute encephalopathy prescribe as follows:

- (1) High Calcium Diet - 1 quart of milk and 3 grams calcium lactate per day.
- (2) Atropine sulphate, if colic is severe. May have to follow with cathartics.
- (3) Two days of this treatment is usually sufficient to quiet acute symptoms.

## DELEADING

The process of deleading to be commenced only after the acute symptoms have entirely subsided. This is done as follows:

- (a) Phosphoric acid treatment: Low calcium diet, (omit milk, eggs, green vegetables and fruit). Phosphoric acid in dilution until the strength of lemonade. Give 2 cc of this strength every hour in a glass of water 10 times a day.
- (b) Ammonium chloride treatment: One gram of ammonium chloride every hour for 10 hours throughout the day. Low calcium diet.
- (c) Saline cathartics to aid in elimination and counteract the associated obstipation. Sodium phosphate 15cc every morning.
- (d) Diet should be low in carbohydrates and high in fats. Ketogenic proportion to ankiketogenic values should be greater than 1.5 to 1.
- (e) Acidosis, suggested by loss of appetite, headache and general malaise should be checked by blood  $\text{CO}_2$ . Blood  $\text{CO}_2$  and urine tested for lead once weekly. (Save 24 hour specimens of urine).
- (f) In cases where there is definite nephritis, and even after 3 weeks the above treatment with the patient losing weight, change back to a balanced diet, though low in calcium, and give 4 grams sodium bicarbonate every hour for 10 hours throughout the day.
- (g) The last traces of lead elimination is very difficult, therefore, after the above regime, it is probably more practical to favor retention in the bones by maintenance on a high calcium diet and general systemic stimulants.

DIET MANUAL  
CHAPTER XXVII  
DIET FOR ADDISON'S DISEASE

(LOW POTASSIUM DIET)

There are a few diseases in which a low potassium diet is a very important part of the treatment. Probably the most outstanding one is Addison's disease. With eschatin or a synthetic substitute, sodium chloride and a low potassium diet, most cases of Addison's disease can be controlled and made comfortable. The preparation of a low potassium diet, however, is not an easy task and requires considerable attention to detail and accuracy to prepare such a diet. In preparing a diet low in potassium it will be noted that most proteins are rather high in potassium, yet patients in most cases requiring this diet are thin from a certain amount of wasting and need the protein. If the potassium for the daily menu must be kept down to a certain figure, it is then important that those planning and preparing the diet know the potassium content of every item of food in the menu. It is just as important to know the potassium content of every item in the menu for a low potassium diet as it is to know the sugar content in a diabetic diet. It is, therefore, necessary to select the proper items, weigh them, and properly prepare those which require extraction of the potassium. Failure to do this and not carry out the procedures in detail will result in a diet far too high in potassium content.

In order to get a well balanced diet and one that is palatable and will be eaten by the patient many items of food will have to be specially prepared in order to rid them of most of the potassium. Research work and clinical investigation has been done on a sufficiently large group of foods so we can now prepare an attractive menu by resorting to,

- (a) Careful selection of items for the menu
- (b) Proper preparation of those items that contain considerable potassium so that the total intake of this mineral will not exceed 2 grams daily.

Credit is due Sister Mary Victor, B.S., Fellow in Nutrition, Mayo Foundation, and the faculty of Mayo Foundation for providing the profession with a practical and efficient plan for the preparation of a low potassium diet. Description of the plan is lengthy due to tables classifying fruits and vegetables, potassium content of common food items, substitute foods, detailed instructions for preparation and some recipes. This cannot be avoided and Sister Mary Victor's tables and instructions are as follows:



Table 1

Classification of vegetables according to potassium content, expressed in milligrams per 100 gm.

Group I	Group II	Group III	Group IV	Group V	Group VI
Range, 50-100	Range, 100-150	Range, 150-250	Range, 250-350	Range, 350-450	Range, 450-550
Average, 75	Average, 125	Average, 200	Average, 300	Average, 400	Average, 500

## Fresh \*

Artichoke	Cabbage	Beets	Dandelion
Asparagus	Cabbage, red	Brussel sprouts	greens
Corn	Carrots		Potatoes
Cucumbers	Cauliflower	Endive	Spinach
Eggplant	Celery	Kohlrabi	
Green peppers	Chard, Swiss	Mushrooms	
Hominy	Lettuce	Parsnips	
Leeks	Peas	Potatoes, Sweet	
Onions	Pumpkin		
Onions, spring	Romaine		
Radish	Rutabaga		
Summer Squash	Squash, Hubbard		
	String beans		
	Tomato		
	Turnips		
	Turnip tops		
	Water cress		

## Specially Cooked

Asparagus	Cabbage	Beets (in parchment)
Carrots	Cauliflower	
Corn (in parchment paper)	Kohlrabi	
	Parsnips	Brussels sprouts
Onions	Peas	
Pumpkin	Potatoes	Spinach
Rutabaga	String beans	
Squash, Hubbard	Tomatoes (in parchment paper)	
Turnips		

## Canned

String beans	Peas	Asparagus
Wax beans		Corn
		Tomatoes
		Spinach

\* Fresh vegetables may be consumed raw or after being cooked in the ordinary manner.

Table 2

Classification of fruits according to potassium content, expressed in milligrams per 100 gm.

Group I	Group II	Group III	Group IV	Group V
Range, 50-100	Range 100-150	Range, 150-250	Range, 250-350	Range, 350-450
Average 75	Average, 125	Average, 200	Average, 300	Average, 400

## Fresh \*

Blueberries	Apples	Cherries	Apricots	Avocado pear
Cranberries	Lemons	Blackberries	Cantaloupe	Banana
Huckleberries	Lemon juice	Gooseberries	Currents, red	Currents, black
Pomegranate	Pears	Grapefruit	Currents, white	Limes
Watermelon	Strawberries	Grapes, black	Figs, green	Rhubarb
	Tangerines	Oranges	Loganberries	
		Orange juice	Mulberries	
		Peaches	Nectarines	
		Plums, red	Persimmons	
		Quinces	Pineapple	
		Raspberries	Plums, green gage	

## Canned

Pears	Peaches	Apricots
	Pineapple	Grapefruit
	Raspberries	

\* The fresh fruits may be consumed raw or after being cooked in the ordinary manner.

Table 3  
Potassium content of foods

Name	Average Potassium Content of 100 gm.	Name	Average Potassium Content of 100 gm.
Vegetables and fruits	mg.	Bread and Cereal Products Cont'd	
Vegetables in group I	75	Macaroni, dry	130
Vegetables in group II	125	Oatmeal, dry	339
Vegetables in group III	200	Puffed wheat	117
Vegetables in group IV	300	Rice, polished, dry	68
Vegetables in group V	400	Rice, brown, dry	561
Vegetables in group VI	500	Tapioca	39
Fruits in group I	75	Wheat bran	1217
Fruits in group II	125		
Fruits in group III	200	Fats	
Fruits in group IV	300	Bacon, fat, raw	160
Fruits in group V	400	Butter	9
Fruits, dried (all kinds)	888	Margarine	48
Dried beans	1201	Mayonnaise	7
Potato chips	918		
Meats and Fish		Dairy Products	mg.
Meat, raw (all kinds)	372	Cheese	187
Fish, raw (all kinds)	323	Cheese, cottage	177
Anchovy	152	Cream	126
Caviar	422	Eggs	141
Clams, round	131	Ice cream, commercial	169
Clams, soft, long	212	Milk, butter	151
Cod, dried and salted	31	Milk, whole	150
Crab, cooked or canned	260		
Loebster, cooked or canned	258	Concentrated Sweets	
Oysters, large, raw	145	Honey	386
Oysters, small raw	47	Jolly made with fruitjuice	126
Salmon, canned	320	Maple syrup	208
Shrimp, canned	122	Molasses	1349
Sardines, canned in oil	433	Sugar, white	4
Meat extracts	4160	Sugar, brown	265
		Candy, pure sugar	4
Bread and cereal Products		Beverages	
Bread, white	108	Apple cider	95
Bread, whole wheat	208	Grape juice	106
Bread, rye	151	White wines	56
Cornflakes	132	Red wines	75
Cornmeal	213	Sweet wines	134
Cream of wheat, dry	106	Malaga	165
Farina	120	Sherry	186
Flour, white	115	Bordeaux	83
Grapenuts	342	Champagne	114
		Beer	72
		Tea, dried leaves	1689



Table 3  
Potassium content of foods Cont'd)

Name	Average Potassium Content of 100 gm.
Beverages Cont'd	
Coffee, roasted bean	1651
Postum	3238
Kaffee hag, roasted bean	1647
Tea, beverage	20-40
Coffee, beverage	70-150
Condiments and so forth	
Citron, preserved	17
Horseradish	445
Mustard	761
Olives, green	61
Olives, ripe	3
Paprika	2075
Pepper, black	1140
Vinegar, cider	165
Cocoanut, dried	544
Miscellaneous	
Agar	127
Baking powders, tartrate	9-12,000
Baking powders, phosphate	0
Baking powders, aluminum	0
Cocoa	940
Cream of tartar	20,720
Gelatin	0
Nuts (all kinds)	577

# DIET MANUAL

## A DIET IN WHICH POTASSIUM CONTENT DOES NOT EXCEED 2 GM.

Food	Gm	
For breakfast, the following foods or permitted substitute (see below)		
Fruit from group II, preferably raw*	100	1 average-sized serving
Cereal from group I	15	1 " " "
Egg	50	1
Bacon	10	2 small strips
Bread, white (may be toasted)	30	1 slice
Butter	10	1 square
Cream	90	1/2 cup, scant
For second meal, the following foods or permitted substitute (see below)		
Meat, specially cooked	75	1 fairly large serving
Potato, specially cooked	100	1 serving ( $\frac{1}{2}$ cup)
Vegetable from group I	100	1 serving ( $\frac{1}{2}$ cup)
Bread, white	30	1 slice
Butter	20	2 squares
Fruit from group II	100	1 serving ( $\frac{1}{2}$ cup)
Cream	30	2 tablespoons
Milk	200	1 glass
For third meal, the following foods or permitted substitute (see below)		
Egg	50	1
Rice, dry weight	25	1 serving (cooked $\frac{1}{2}$ cup)
Vegetable from group IV	100	1 <b>serving</b>
Mayonnaise	15	1 tablespoon
Bread, white	30	1 slice
Butter	20	2 squares
Fruit from group II	100	1 serving ( $\frac{1}{2}$ cup)
Cream	30	2 tablespoons
Cheese	20	1 cubic inch

\* See tables 2 and 3 for choice of fruit.

One cup of weak coffee and two cups of weak tea are allowed daily. Carbonated beverages, either sweetened or unsweetened, may be added as desired.

Careful measuring of all food is necessary.

The diet as written with coffee cream provides 2,700 calories and 70 gm. of protein. The allowance of butter and mayonnaise should be increased as much as necessary to maintain weight or to promote a gain in weight. Whipping cream should replace coffee cream if more calories are needed. Sugar and pure sugar candies should be added if desired and should be added in generous quantities if more calories are needed.

Salt may be used for seasoning as desired. Pepper and vinegar are allowed in moderation. Ripe olives, gelatin, jello and specially prepared gravy may be added as desired. The content of potassium in these foods is very low. This diet may be deficient in vitamin B, therefore it should be supplemented by administration of a vitamin B concentrate.

## DIET MANUAL

Foods to be strictly avoided because of high content of potassium include the following:

Soups and broths containing meat stock or meat extracts.

Gravies, except those specially prepared.

Catsup, chili sauce and mustard.

Dried fruits such as dried apples, prunes, dates, figs, raisins, and so forth.

Dried vegetables such as beans and peas.

Nuts and peanut butter.

Molasses.

Caviar.

Fruit juices except those listed.

Chocolate and cocoa in the form of beverage or in the form of candy.

Fruit drinks except those specially prepared.

Postum. Bran. Tartrate baking powders.

Spinach except specially cooked or canned.

### SUBSTITUTIONS PERMITTED

One of the following foods in the quantity stated may be substituted for foods named.

Substitutions for 100 gm.\* of fruit in group III. GM. Approximate measure.

1. Fruit from group I	265 1-1/3 cup
2. Fruit from group II	160 3/4 cup
3. Fruit from group IV	65 1/3 cup
4. Fruit from group V	50 1/4 cup
5. Vegetable from group I	265 1-1/3 cup
6. Vegetable from group II	160 3/4 cup
7. Vegetable from group III	100 1/2 cup
8. Vegetable from group IV	65 1/3 cup
9. Vegetable from group V	50 1/4 cup

Substitutions for 100 gm.\* of specially cooked potato

1. Vegetable from group I	165 3/4 cup
2. Vegetable from group II	100 1/2 cup
3. Vegetable from group III	65 1/3 cup
4. Vegetable from group IV	40 1/4 cup, scant
5. Fruit from group I	165 3/4 cup
6. Fruit from group II	100 1/2 cup
7. Fruit from group III	65 1/3 cup
8. Fruit from group IV	40 1/4 cup
9. Fruit from group V	30 1/8 cup

Substitutions for 100 gm. of vegetables in group I

1. Vegetable from group II	60 1/4 cup
2. Vegetable from group III	40 1/4 cup, scant
3. Fruit from group I	100 1/2 cup
4. Fruit from group II	60 1/4 cup
5. Fruit from group III	40 1/4 cup, scant



## DIET MANUAL

### (Substitutions Permitted Cont'd)

#### Substitutions for 100 gm of fruit in group II

1. Fruit from group I	165	3/4 cup
2. Fruit from group III	65	1/3 cup
3. Fruit from group IV	40	1/4 cup, scant
4. Fruit from group V	30	1/8 cup
5. Vegetable from group I	165	3/4 cup
6. Vegetable from group II	100	1/2 cup
7. Vegetable from group III	65	1/3 cup
8. Vegetable from group IV	40	1/4 cup, scant

#### Substitutions for 100 gm. of vegetables in group IV

1. Vegetable from group I	400	2 cups
2. Vegetable from group II	240	1-1/4 cup
3. Vegetable from group III	150	3/4 cup, scant
4. Vegetable from group V	75	1/3 cup
5. Fruit from group I	400	2 cups
6. Fruit from group III	150	3/4 cup
7. Fruit from group II	240	1-1/4 cup
8. Fruit from group IV	100	1/2 cup
9. Fruit from group V	75	1/3 cup

#### Substitutions for one egg

1. Canned crab (specially cooked)	50	1 average serving
2. Canned shrimp	60	1 " "
3. Canned salmon	25	1 rounded tablespoon
4. Sardines, canned in oil	15	1 sardine, 3 inches long
5. Fish (cooked in ordinary manner)	25	1 small serving
6. Oysters, large	50	3 or 4
7. Meat (specially cooked)	75	1 fairly large serving
8. Cheese	40	2 cubic inches
9. Cottage cheese	40	1/4 cup
10. Milk	50	1/4 gla ss

#### Substitutions for specially cooked meat

One egg is equivalent in content of potassium to 75 gm. (1 serving) of specially cooked meat. Therefore, any one of the egg substitutes may be taken in place of the meat.

#### Substitutions for milk

1. Cream sauce for vegetables and meat may be taken providing an equal portion of milk is omitted.
2. Cream vegetable soup may be taken providing that equal portions of milk and vegetable are omitted.
3. Ice cream (vanilla flavor) may be taken providing an equal portion of milk or cream is omitted.

Substitutions which can be made in order to use potato, either baked or cooked in the ordinary manner.

1. 100 gm (1 medium-sized) potato, baked or cooked in the ordinary

## DIET MANUAL

### (Substitutions Permitted Cont'd)

manner may be taken providing the following are omitted from the day's food allowance: 200 gm (1 glass) milk, one egg and 100 gm (1 serving) of specially cooked potato.

2. 100 gm. (1 medium-sized) potato, baked or cooked in the ordinary manner may be taken providing the following are omitted from the day's food allowance: 100 gm. (1 serving) vegetable from group IV, one egg and 100 gm. (1 serving) of specially cooked potato.

3. 50 gm. (1/2 medium-sized) potato, baked or cooked in the ordinary manner may be taken providing the following are omitted from the day's food allowance: 100 gm. (1/2 glass) milk and 100 gm. (1 serving) specially cooked potato.

4. 15 gm. potato chips (10 pieces) may be taken providing the following is omitted from the day's food allowance: 100 gm. (1 serving) of specially cooked potato.

Substitutions which can be made in order to use meat and fish, cooked in the ordinary manner.

1. 100 gm. (1 large serving) meat or fish, broiled, baked, fried or roasted, may be taken providing the following are omitted from the day's food allowance: 200 gm. (1 glass) milk and 75 gm. (1 serving) of specially cooked meat.

2. 50 gm. (1 medium-sized serving) meat or fish, broiled, baked, fried or roasted, may be taken providing the following are omitted from the day's food allowance: 100 gm (1/2 glass) milk and 75 gm. (1 serving) specially cooked meat.

\* One average-sized serving about 1/2 cup.

Substitutions for cereals and breadstuffs

1. One serving of cereal from group II may be used in place of a cereal from group I, providing one slice of bread is omitted.

2. In place of 100 gm. (1/2 cup) cooked rice, 15 gm. (1/2 slice) white bread may be used.

3. In place of 30 gm. (1 slice) bread, 3 soda crackers may be used.

4. In place of 30 gm. (1 slice) white bread, one of the following may be used:

Food		Approximate measure
Macaroni, cooked	Gm. 100	1/2 cup
Spaghetti, cooked	Gm. 100	1/2 cup
Noodles, cooked	Gm. 100	1/2 cup

### CLASSIFICATION OF CEREALS ACCORDING TO POTASSIUM CONTENT

#### Group I

Farina  
Cream of Wheat  
Food of Wheat  
Puffed Wheat  
Puffed Rice  
Rice Krispies  
Cornflakes

#### Group II

Oatmeal  
Grapenuts  
Maltex  
Malt-o-meal  
Pettijohns



## DIET MANUAL

### DIRECTIONS FOR SPECIAL COOKING OF VEGETABLES

Vegetables like potatoes, turnips, rutabagas, and so forth should be peeled and cut into small thin pieces about  $\frac{3}{4}$  inch square and  $\frac{1}{8}$  inch thick. Cabbage, spinach, and other leaf vegetables should be shredded. Cauliflower should be broken into flowerets and the flowerets partially quartered, that is, split crosswise at the bud end. Brussels sprouts likewise should be partially quartered. String beans and asparagus should be cut into  $\frac{1}{2}$  inch pieces. Peas are left whole. For cooking use a deep, narrow kettle rather than one that is wide and shallow. After being prepared, the vegetables should be plunged into boiling, salted water. Use  $\frac{1}{2}$  teaspoon of salt for each quart of water. Cook gently as too vigorous boiling may cause the vegetable to break into pieces. The proportion of water to vegetable as well as the approximate length of cooking are given in the table for special cooking of vegetables. It is impossible to give the exact time for cooking any one vegetable. The length of the cooking period will vary with each vegetable. Test for tenderness by piercing with a fork. After the vegetable is tender, drain and gently heat over flame until dry. Season with salt and with butter, cream or cream sauce.

When cooking corn, beets, and tomatoes (either the raw, cooked or canned produce may be used), tie in moistened parchment paper, immerse in boiling water and cook for length of time specified in the table. Discard the cooking water. The vegetable after being removed from the parchment paper bag should be seasoned with butter and salt and served hot.

TABLE FOR SPECIAL COOKING OF VEGETABLES

Vegetable	Amount, cup	Water, cups	Time, minutes	How cooked
1. Asparagus	1	8	10	Uncovered
2. Cabbage	1	8	10	Uncovered
3. Cauliflower	1	8	10	Uncovered
4. Spinach	1	8	10	Uncovered
5. Brussels sprouts	1	8	10	Uncovered
6. Broccoli	1	8	10	Uncovered
7. Onions	1	6	30-40	Uncovered
8. Peas	1	6	20-30	Uncovered
9. String beans	1	8	20-35	Covered
10. Carrots	1	6	Young, 25 Old, 30-40	Covered
11. Kohlrabi	1	6	30-40	Covered
12. Turnips	1	6	25-30	Covered
13. Parsnips	1	6	25-30	Covered
14. Rutabagas	1	6	25-30	Covered
15. Potato	1	6	15-25	Covered
16. Squash	1	6	20-30	Covered
17. Pumpkin	1	6	20-30	Covered
18. Beets	1	6	40	In parchment paper
19. Corn	1	6	30	In parchment paper
20. Tomatoes	1	6	30	In parchment paper



DIET MANUAL  
DIRECTIONS FOR SPECIAL COOKING OF MEAT

The less tender cuts of meat may be used for this purpose but the selection need not be limited to those. Sear the meat, cut into small pieces about 1/2 inch square and 1/4 inch thick. Transfer meat to a sheet of moistened parchment paper. Tie paper with white string into the form of a bag and immerse the bag in boiling, salted water using the proportion of 1 part of meat and 8 parts of water. Example: for 1/2 cup of cubed meat, use 4 cups or 1 quart of water; for each quart of water use 2 teaspoons of salt. Simmer (cook just below the boiling point) for two hours. The bag containing the meat must be kept under water during the entire cooking period. Evaporation of water can be prevented to a large extent by using a covered kettle but in case of evaporation, the water should be replaced.

At the end of two hours remove the bag from the water, cut the string and empty contents into a convenient utensil. The juice surrounding the meat should be used with it. In meat and fish, cooked according to this method, the reduction of potassium averages 75 per cent.

For special cooking of fish follow the directions given for meat. Canned fish may be treated in the same way, but need not be cooked longer than one hour.

One or two drops of Worcestershire or A-1 sauce may be added to the meat before serving. Larger amounts of meat sauce must not be used.

SUGGESTED METHODS FOR SERVING SPECIALLY COOKED MEATS AND FISH

- |                  |   |
|------------------|---|
| 1. Creamed       | 5. In meat pies                               |
| 2. Scalloped     | 6. In stews                                   |
| 3. In salads     | 7. In omelets                                 |
| 4. In sandwiches | 8. With rice, macaroni, noodles or spaghetti. |

DIRECTIONS FOR PREPARING BROWNED  
FLOUR

Spread flour in a thin layer on a flat surface. Bake in a hot oven stirring occasionally until evenly browned throughout. This may be made in quantity and used as needed for special gravy. The color may be light or dark as preferred. The thickening power will vary accordingly.

DIRECTIONS FOR SPECIAL GRAVY

Water, boiling - 1 cup  
Browned flour - 3 tablespoons  
Fat (bacon fat, butter or butter substitute) 2 tablespoons  
Salt - 1/2 to 1 teaspoon  
Bay leaf, if desired  
Cloves, if desired

Mix the flour with 1/4 cup cold water to form a smooth paste. Add gradually to the hot water, stirring and cooking until the sauce is thickened and the starch is cooked. Add the fat and seasonings and cook one minute longer. Strain before serving.

## DIET MANUAL

DIRECTIONS FOR THE PREPARATION OF A PALATABLE DRINK, 1 QUART OF WHICH WILL PROVIDE THE AMOUNTS OF SODIUM AND CHLORIDE USUALLY PRESCRIBED IN THE TREATMENT OF ADDISON'S DISEASE

Concentrated fruit beverages, 3 ounces, 1/2 cup (see below)  
Sodium chloride (table salt), 10 gm., 2 teaspoons  
Sodium citrate, 5 gm., 1 teaspoon  
Water to make 1 quart  
The drink should be served ice cold.

### SPECIAL MATERIALS CALLED FOR

Standard measuring cups and standard measuring spoons may be purchased at any hardware retail store.

A satisfactory concentrate of vitamin B complex is Abbot's vitamin B capsule (Abbott Laboratories, Chicago, Illinois). One capsule is reputed to contain 150 International United (200 Sherman units) of B<sub>1</sub>, and 40 Sherman units of B<sub>2</sub>. Therefore, one capsule taken daily ought to suffice for the supplementary purpose intended. My analysis indicates a potassium content not exceeding 10 mg. per capsule. Other concentrates of vitamin B complex were found to be higher in their content of potassium. Some of them contained so much potassium that their use will defeat the purpose of the diet.

The fruit beverage called for in the preparation of the salt drink is Ariston Fever-Ade (Calumet Tea and Coffee Company, 409-411 West Huron Street, Chicago, Illinois). The content of potassium in this fruit beverage is very low.

The parchment paper called for in the special cooking of vegetables and meats is the 25 pound weight vegetable parchment supplied by the Paterson Parchment Paper Company, Passaic, New Jersey. It is important to secure the 25 pound weight, because the parchment paper more generally on the market, and called patapar, is heavier and unsatisfactory.

### SPECIAL PRECAUTIONS REQUIRED TO AVOID UNWITTING ADDITIONS OF POTASSIUM

The patient must not be given other food or food accessories than those listed on the diet and substitutions other than those listed should not be made, unless it is known that their potassium content does not exceed the potassium content of the food for which they are to be substituted. The physician must be ware in prescribing medications for habitual use, unless he has reliable information about their potassium content. For instance, liver extract may be indicated to treat the anemia which so frequently appears as a complication of Addison's disease. My analysis indicates that Lederle's concentrated solution of liver extract in 1 c.c. ampules contains only 1 mg. of potassium per ampule. Other extracts of liver, however, may contain larger amounts. The content of potassium in "Cupron" is very low, 0.4 mg. per capsule.





DIET MANUAL  
PART III  
INSTRUCTION DATA  
FOR  
PATIENTS



## CHAPTER XXVIII DIET MANUAL

After a patient has been carefully studied at a hospital or clinic, and it has been determined that dietary measures should be instituted as a part of the treatment after leaving the hospital, it is necessary that written instructions be furnished. Many dietary procedures are required only when in the hospital and in such cases the problem is simplified and written data for the patient is not required. Too often, physicians rely on oral instructions to patients, who become confused and are unable to remember details sufficiently to tell those responsible for the preparation of their food. Instruction data to patients should not only cover what food is permitted, but the manner of its preparation and general information regarding exercise, management of constipation, use of drugs or any other data pertinent to the disease being treated.

The best method of assuring adequate instruction to the patient is the preparation of booklets for those diseases which will require continuation of dietary measures after discharge. Such pamphlets will save much of the physician's time and insure better cooperation on the part of the patient. Because of this some of the most common and important ones are listed below.

### DIET FOR CONVALESCENT ULCER CASES (With Recipes and Cooking Instructions)

#### INSTRUCTIONS

This booklet was prepared to answer various inquiries and to serve as a guide in the dietetic management of gastric and duodenal ulcers. The proper diet and preparation of food, eaten in proper manner and amount, is a prime requisite for the future improvement and health of ulcer-bearing patients.

#### GENERAL INSTRUCTIONS

1. Avoid undue nervous or physical strain.
2. Tobacco should be avoided.
3. Eat slowly and avoid overeating.
4. Drink a glass of milk between 10 and 11 A.M., between 4 and 5 P.M., and at bedtime.
5. Avoid constipation. If continually constipated consult your physician.
6. Keep the teeth in a healthy condition.
7. Do not become unduly finicky about your food or abdominal condition, real or imaginary, so long as you are eating and living in a normal manner. This rule applies particularly to patients upon whom an operation has been performed.



# DIET MANUAL

## SUGGESTIONS FOR MEALS

(Consult Recipes for Substitutes)

### BREAKFAST

### NOON MEAL

### SUPPER

(7 or 8 A.M.)

12:00 O'Clock)

6:00 P.M.

Stewed prunes without the  
skins, or sweet orange  
juice, or apple sauce  
Six ounces Cream of Wheat  
or Farina  
One teaspoonful of sugar  
One piece zwieback or dry  
toast  
One soft cooked egg.  
Postum, or cupful of equal  
hot water and cream.  
Two ounces of orange juice.

Cream vegetable soup or  
puree.  
Baked potato; scraped beef  
balls.  
One square fresh butter  
Dish of well-cooked vege-  
table put through sieve  
Slice toast  
Cup of custard  
One glass of milk  
Two ounces of orange juice

Cream soup  
Creamed rice or  
cereal  
Poached egg on  
toast, or cottage  
cheese  
A serving pureed  
vegetables.  
Baked apple with-  
out skin, with  
cream and sugar.

10:00 A.M.

4:00 P.M.

A glass of milk or malted  
milk

Glass of milk or malted milk

Bedtime  
One glass of milk  
Two ounces orange  
juice

## DIET FOR ULCER

(After Hospitalization)

The principles underlying your diet are the selection of foods that do not cause chemical, mechanical or thermal irritation to the stomach. Such foods should be easily digested, nourishing and in a finely divided state. Foods and liquids should not be eaten too hot or too cold. Your diet should be made up of such articles as fresh milk and cream, cooked cereals, cream soups or vegetable puree, cooked fruits and vegetables without skins and seeds, custard, simple puddings, fresh soft boiled eggs, toast made from stale bread, fresh butter, gelatin, plain ice cream and scraped beef balls. Later, tender meats, broiled, stewed or baked, and fresh fish may be added.

### Beverages

#### May have:

Cocoa or chocolate  
Cream and hot water  
Chocolate malted milk  
Egg-nog  
Milk  
Milk Shake  
Postum

#### Avoid:

Acid drinks  
Alcohol  
Coffee and tea  
Too hot or too  
cold liquids.

### Breads

Well done toast made  
from stale white or  
graham bread,  
Graham crackers  
Zwieback

Hot Biscuits  
Fresh Bread  
Bran bread  
Muffins

# DIET MANUAL

Food:	May have:	Avoid:
Butter	Enough to make food palatable. Salt-free butter is preferable	
Cereals	Corn flakes Cream of Wheat ) Must be cooked Farina ) in double boiler Oatmeal ) at least 1 hour. (Oatmeal to be cooked 2 hours) Puffed Rice Rice flakes Rice Krispies Serve with cream and 1 teaspoonful of sugar	
Cheese	Fresh cottage cheese Philadelphia cream cheese	All others
Desserts	Angel food Blanc mange Bread pudding California cream Choice of custards Plain gelatin Plain ice cream Rice pudding Tapioca pudding	Desserts contain- ing any acid, cakes, cookies, pastries pies puddings (rich)
Eggs	Poached egg Soft cooked egg Souffle	Omelets Fried eggs.
Meats, Fish and Fowl	These should be avoided for three to four months at least. A serv- ing of one small scraped beef ball alternating with a meat jelly, may then be tried, and twice a week a serving of two slices of thin crisp bacon for breakfast. If symptoms return, avoid meats again. After six months, for a period of ten months may have: (1) small serving of tender chicken, creamed or baked, (white meat preferred); (2) Broiled tender lamb chop or tenderloin; (3) Baked or stewed young fowl; (4) Local fresh river or brook fish, either broiled or baked. Discon- tinue if symptoms return and do not try again for three months.	Fish prepared in any other way. Highly seasoned fish and highly seasoned sauces. Dried, canned, smoked fish. Salmon, lobster shrimp, crabs and scallops.

## DIET MANUAL

Food	May have:	Avoid:
Fruits	Baked apple without skin or seeds Baked banana Baked or stewed peaches Canned peaches Stewed prunes without skins Strained apple sauce Raw bananas, (very ripe)	All cooked fruits containing a large amount of acid or too much sugar in preparation.  Raw and dried fruits
Nuts		All kinds
Salads and Salad Dressing	Mayonnaise occasionally.	Highly seasoned dressings of all kinds.
Salt and Condiments	Use salt very sparingly.	Catsup Highly seasoned sauces Horseradish Mustard Pepper Relishes
Sweets		All candy, jams sundaes, etc.
Soups	Cream vegetable soup Purees	Bouillions Canned soups Meat broths Meat soups
Vegetables	Asparagus (tender) Beets Cauliflower Carrots Potatoes, baked or mashed, Puree of string beans Spinach Squash These must all be well cooked, the tough fiber removed and strained thru vegetable sieve	All raw or coarse vegetables and tomatoes



## DIET MANUAL

### BEVERAGES

Egg-nog. Beat egg thoroughly; add two teaspoonfuls of sugar, a glassful of milk and a few drops of vanilla; mix thoroughly.

Egg-broth. Beat egg thoroughly, and add half a teaspoonful of sugar and a pinch of salt. Over this pour a glass of hot milk and serve immediately. Hot water, or cream soup may be used in place of milk.

Egg-cordial. Beat the white of an egg until stiff; add a tablespoonful cream and two teaspoonfuls of sugar and one-half teaspoonful of vanilla.

Barley-water. One tablespoonful barley flour, 1 pint boiling water, 1 teaspoonful salt, 2 tablespoonfuls cold water. Rub the barley flour (which may be obtained at any pharmacy) salt and cold water to a paste; add to the boiling water, stirring constantly. Let boil five minutes then cook in a double boiler thirty minutes and strain.

### MILK PRODUCTS, CHEESE AND GRUELS

Care of Milk. Milk readily absorbs odors, flavors and impurities; it is one of the best soils for the growth and multiplication of certain disease germs. Bacteria are introduced from dust arising from cow's body, from the clothing or hands of the milker, from the milk vessels, or from the water in which these have been washed. Bacteria once admitted to the milk begin to multiply; warmth is favorable to their growth, hence it is desirable to cool the milk as soon as it is drawn to keep it at as low a temperature as possible. Besides being kept cool, milk that is delivered in bottles and stores in refrigerators with other foods should be tightly sealed. If the bottles are to be opened several times and the caps cannot be replaced, close the neck of the bottle with cotton. When in doubt about the sources or quality of the milk, it should be pasteurized.

Use of Milk. Milk and milk products have a valuable use in stomach and duodenal ulcers and postoperative convalescence. A glass of rich milk is nourishing, easily digested and combines with the acid of the stomach, thereby relieving distress and promotes healing. If raw milk should disagree, lime-water or soda may be added; or it may be diluted with barley-water. Peptonized milk will be found to agree with most individuals.

Peptonized Milk. Put in a glass jar one pint of milk and four ounces of cold water; add 5 grains of extract of pancreas (powdered) and 15 grains of bicarbonate of soda. (The contents of one of "Fairchild's Peptonizing Tubes," may be used in place of the pancreas extract and soda.) After mixing thoroughly, place the jar in water as hot as can be borne by hand (about 115°F.). This temperature should be maintained from 6 to 20 minutes. At the end of this time milk may be placed upon ice until required. If the milk is to be kept for any length of time, it should be brought to boil to prevent the formation of too much peptone, which renders the milk bitter.

## DIET MANUAL

(Milk products, cheese and gruels cont'd)

Whey. To a half pint of fresh milk heated lukewarm (115°F.), add one tablespoonful of essence of pepsin, and stir just enough to mix. When milk is firmly coagulated, beat with a fork until the curd is finely divided and then strain. For flavoring purposes, one fourth teaspoonful of lemon juice may be added.

Malted Milk. One tablespoonful of malted milk; 2 tablespoonfuls of warm water, few grains of salt. Make a paste with the above - add 1 scant cupful of water, cold or hot, or milk to which cream may be added. Add the liquid gradually, stir briskly; serve hot.

Milk and Cereal Waters. A valuable method of preparing milk for patients with whom it disagrees is to mix equal parts of milk and thoroughly cooked barley, rice oatmeal or arrowroot-water, and boil them together for 10 minutes. This may be served plain or flavored by cooking with a raisin, or a very small piece of stick cinnamon, which should be strained out before serving.

Cottage cheese. Let fresh milk stand in a warm room from one to three days, or until the curd separates from the whey. Turn the curd into a coarse cotton bag and let hang in a cool dry place about 24 hours, or until the curd is free from whey. Add salt and sweet cream to taste. In winter the process may be hastened, by heating thick soup or clabbered milk over hot water, but if the water is too hot, a tough cheese results. The cheese is most rich and creamy, when the separation takes place at a low temperature, that is, about 100°F.

Egg and Buttermilk Mixture. Beat the white of one egg and one to four ounces of cream together. Pour into a glass and fill with fresh buttermilk. Stir well.

## EGG AND MILK

Rules for Custard. The eggs should be thoroughly mixed, but not beaten light, the sugar and salt added, and then the hot milk added slowly. Custards must be cooked at a moderate temperature; if a soft custard curdles, put it in a pan of cold water and beat until smooth.

Soft Custard. Add two tablespoonfuls of sugar and a few grains of salt to lightly beaten egg. Pour 1 cup of milk over beaten egg mixture, stirring constantly. Cook in a double boiler until mixture is creamy. Remove from fire at once, add a few drops of vanilla and chill.

Chocolate Custard. Melt half an ounce of chocolate, add to the milk and proceed as for soft custard.

Baked Custard. Proceed as for soft custard, but pour the custard into baking cups. Place the cups in a deep baking pan, and fill the pan nearly as high as the cups with boiling water. Place in a moderate oven and bake 20 minutes or longer, according to the size of the cup. When done, a knife thrust into the custard comes out clean; if it is not done the knife comes out covered with custard.



## DIET MANUAL

### (Egg and Milk Cont'd)

Junket with Egg. Beat one egg to a froth, add two teaspoonfuls of sugar, combine with 1 cup of warm milk, then add one-half junket tablet, dissolved in 1 tablespoonful of cold water. Let it stand in a warm place until firm. Chill.

## CEREALS

Cereals require thorough cooking. Most cereals should be cooked in a double boiler. Cereals for breakfast may be cooked the day before, but should not be stirred while reheating. A tablespoonful or two, of cold water on top will prevent a hard scum from forming while standing. Use one-half teaspoonful of salt to each cupful of water. Have water boiling. Add cereal gradually and boil for five minutes. Place over boiling water, or in a fireless cooker, to cook slowly for a long time.

Any cereal mush may be thinned with water, milk, cream, strained and made directly from the grain or flour. Gruels should be thin, not too sweet and served quite warm.

Cereal	Quantity to 1 cup water	Time of Boiling	Time of Cooking
Rolled oats	1/3 cup	5 min.	1½ hours
Cream of Wheat	1/5 "	3 min.	1 hour
Steamed Rice	1/5 "	3 min.	1½ hours
Boiled Rice	1/8 " or 2 tbsp.	20 min.	

## SOUPS

Only cream soups and purees are considered as they are more suitable, the meat soups tending to stimulate the flow of gastric juice. After 4 to 6 months the patient may partake of any form of soup, but should avoid undue amounts of salt, pepper and other seasonings. The cream soups and purees are highly nutritious. All soups must be strained for first few months. The following cream soups are allowed - Mushroom, celery, string bean, beet, carrot, spinach, kale, potato, corn, lima bean and pea.

A crisp preparation such as a cracker, thin crisp toast or croutons may be served with soup. The method of preparing these soups is the same as a standard cream soup - only substitute the vegetables.

Croutons. Cut bread into half-inch cubes. Toast in a moderate oven.

Bread sticks. Cut stale bread into pieces three inches long and one-half inch thick. Toast in a moderate oven.



## DIET MANUAL

### (Soups Cont'd)

**Cream of Celery Soup.** Cook 1 cup diced celery in 1 pint of water to which a half teaspoonful of salt has been added, until tender. The quantity of celery and liquid should equal one pint. To this mixture add one pint of white sauce.

**White sauce.** Three tablespoonfuls flour, 3 tablespoonfuls butter, 2 cups milk, 1 teaspoonful salt. Rub together the butter and the flour, adding gradually the hot (but not scalding) milk. Cook in a double boiler 10 or 15 minutes, stirring frequently. Add salt.

**Cream of Corn Soup.** Turn one can of corn into a saucepan, add a little water and cook gently over the fire for a few minutes. Prepare a white sauce of one quart of milk, 2 tablespoonfuls salt, 3 tablespoonfuls flour and 3 tablespoonfuls butter. Turn the corn into the white sauce and cook together for a few minutes. Strain.

**Cream of Potato Soup.** Wash and pare two medium sized potatoes, slice and cook in sufficient boiling salted water to cover. Cook until tender. Drain the liquid into a pint measure, and mash the potatoes; add sufficient milk to fill the pint measure and add to mashed potatoes. Add 2 teaspoonfuls grated onion,  $1\frac{1}{2}$  teaspoonfuls salt and  $\frac{1}{4}$  teaspoonful celery salt to the liquid. Rub 1 tablespoonful flour and 1 tablespoonful butter together and pour over it (stirring meanwhile) the hot liquid. Cook over the fire until thick. Add 2 tablespoonfuls chopped parsley just before serving.

**Cream of Green Pea Soup.** Press boiled or canned green peas through a colander to make a puree. To one cup of puree, add 1 teaspoonful salt, 3 cupfuls milk; heat to scalding. Rub two tablespoonfuls flour, two tablespoonfuls butter together and stir in the hot liquid; return to the kettle; cook 5 minutes, and serve.

**Cream of Tomato soup.** Avoid for one month. Heat the tomatoes, strain and add the soda while hot, make a white sauce and add the tomato juice. Serve immediately.

<b>Oyster Soup.</b>	1/2 pint of oysters	1/2 cup celery leaves and stalks
	1 quart milk	
	3 tablespoonfuls butter	1/2 onion
	1/4 cupful flour	2 sprigs parsley
		Salt as needed

Pour a cup of cold water over the oysters, and look them over carefully to remove any bits of shell. Strain the liquid thru a cheese cloth, then boil and skim; add to this the oysters and let simmer until they look plump and edges curl; then stir them into the sauce, made by cooking the flour and the butter creamed together, in the milk scalded with the onion, celery and parsley, before adding the thickening to the milk. Part cream gives a much more delicious soup.

## DIET MANUAL

### VEGETABLES

Time table for cooking vegetables in water:

Asparagus	25 to 30 minutes
Beets (old)	3 to 4 hours
Beets (young)	45 minutes
Carrots	35 to 45 minutes
Cauliflower	20 to 30 minutes
Celery	20 to 30 minutes
Green Peas	20 to 40 minutes
Macaroni	45 to 60 minutes
Potatoes, boiled	25 to 30 minutes
Spinach	30 to 45 minutes
String beans	30 to 45 minutes
Turnips	45 to 60 minutes

The primary objects to be attained in the cooking of vegetables are to soften the cellulose or fiber and to cook the starch. All vegetables should be crisp and firm when put on to cook. If wilted they may be freshened by soaking them in cold water or by wrapping in a damp cloth and placing in the refrigerator for an hour or more.

Strong juice vegetables should not be covered while they are cooking. Water in which vegetables have been boiled may be saved and used in making soups.

### GENERAL DIRECTIONS FOR COOKING VEGETABLES

Wash, pare, peel or scrape vegetables. Cut into pieces of convenient size. Add boiling, salted water, using 1 teaspoonful of salt to pint of water. Cook until tender.

Vegetables are important on account of their mineral salts, their vitamins and for the bulk which they lend to the food mass. Vegetables, like meats and fruits, especially when eaten for the first two months after operation, should be carefully prepared and served in a finely divided state.

Certain sauces are desirable but not essential. White sauce has previously been mentioned. The following recipes are also popular:

Sauce for Vegetables -    3 tablespoonfuls butter  
                                  3           "       flour  
                                  1 teaspoonful salt  
                                  1 cupful milk  
                                  1 cupful of liquid in which vegetable is  
                                  cooked.

Combine as white sauce. Milk may be substituted for the vegetable liquid.

Egg Sauce -                1 pint white sauce  
                                  2 hard-boiled egg yolks.

Put the hard-boiled egg yolks through a sieve. Add to white sauce.



## DIET MANUAL

**Baked Potatoes** - Wash and scrub the potatoes with a vegetable brush until perfectly clean. Dry with a cloth and bake in moderate oven until they feel soft when pressed with the fingers. This will take about forty-five minutes, unless the potatoes are large. When done, take each potato in a towel in the hand, and press gently without breaking the skin, until the whole potato feels soft, then skin may be broken slightly and the potatoes served at once.

**Mashed Potatoes** -       1 quart potatoes  
                              1 teaspoon salt  
                              1/2 cupful hot milk  
                              1 tablespoon butter

Boil the potatoes, drain and dry by shaking gently over the flame. Rice by forcing thru a ricer or a colander, or mash. Then add the seasonings and milk. Beat until light. Serve with bits of butter dotted over the top.

**Buttered Cauliflower** - 1 medium sized head of cauliflower  
                              2 teaspoonfuls butter

Remove all the green leaves and place the cauliflower head down in cold water to which has been added one tablespoonful of salt to each quart of water. Let soak one half hour or more, to draw out any insects that may have found their way into the cauliflower. If the head is to be cooked, whole, tie it in a cheese cloth to prevent breaking. Boil in salted water twenty to twenty-five minutes, or until tender, taking care not to cook longer than necessary. Drain and serve with melted butter. (Cauliflower is more quickly cooked if broken into pieces).

**Creamed Cauliflower** - 1 medium sized head of cauliflower  
                              1 cupful Sauce for Vegetables

Prepare and cook the cauliflower the same as for buttered cauliflower. Prepare one cup Sauce for Vegetables. Mix the cauliflower with the sauce. Let cook about five minutes or until the cauliflower is thoroughly seasoned with the sauce.

**Creamed Carrots** -       3 cupfuls diced carrots  
                              1 cupful white sauce

To prepare the carrots select two large or three medium sized carrots, wash and scrape and drop at once into cold water to prevent discoloration. Cut into half-inch cubes and steam or cook in boiling, salted water until tender. Prepare white sauce. Drain the carrots, add the sauce, reheat and serve.

**Boiled Spinach** -       Spinach  
                              1 tablespoonful butter

Pick over the spinach, carefully removing all wilted leaves. Cut off the roots and the coarse fiber of the leaves which require longer cooking, toss into cold water, and wash thoroughly through several waters, being careful to free it from sand. Boil until tender in a small amount of boiling, salted water. Drain and chop. Add butter, one tablespoonful to a pint of cooked spinach.



## DIET MANUAL

Spinach Souffle-      3 eggs  
                         1/4 cupful flour  
                         1 cupful cooked spinach  
                         2 tablespoonfuls butter  
                         1/2 teaspoonful salt  
                         2/3 cupful hot milk

Rub the flour, salt and butter together until smooth, then stir in slowly the hot milk. Rub spinach through a colander and add to this white sauce. Beat egg-yolks until light and creamy, add to the mixture and fold in stiffly beaten egg whites. Turn into a buttered baking dish, set in a pan of hot water, and bake in slow oven 15 to 20 minutes. Serve immediately.

Other vegetables such as grated carrot, puree string beans, lima beans, asparagus, or eggplant may be substituted for the spinach.

Mashed Turnips -      Turnips      Salt      Butter

Wash and pare the turnips deeply enough to remove the fibrous layer which lies about one-eighth to one-fourth inch beneath the skin; slice or quarter and cook in boiling water. Cook uncovered. When almost done, which will require from forty-five minutes to one hour, add salt and finish cooking. Drain, mash, and add one tablespoonful butter to each pint of mashed turnips.

Mashed Summer Squash -      Squash      Butter      Salt

Select squash of about equal size. If mature, quarter and remove seeds. If quite young, they may be cooked whole. Steam or cook in a very small quantity of water, allowing as much water as possible to evaporate at the last of the cooking. Unless the squash is quite dry, drain the liquid from it. Mash, and season with the butter and salt.

## MEATS, POULTRY AND FISH

Meats, as well as poultry and fish, are eaten sparingly for the first three or four months following operations. All fried meats and fish should be strictly avoided. For the first few months, coarse or tough meats containing much fiber are undesirable. Such meats are slow to leave the stomach, causing acidity and fermentation. Scraped beef, and meat or poultry, jellies, calf's brains, tender chicken or squab are recommended. Meats may be run through a meat chopper, thus greatly increasing their digestibility in ulcer-bearing patients.

## GENERAL RULES FOR PREPARING MEATS

Meat should be removed immediately from the paper in which it is wrapped and put in a cool place. Only tender cuts of meat should be broiled, panbroiled or roasted. When meat is to be cooked by any of these methods, it should first be seared, and then the temperature slightly lowered; by searing, the albumin on the outer surface of the meat is hardened and the meat is thus cooked in its own juice. Because the salt extracts the juices from the meat, it should not be added until the surface is coagulated.

## DIET MANUAL

Tough meat should be cooked in water. Boiling water hardens the albumin on the outer surface of the meat and prevents the juices from escaping. Meat should be put in boiling water and the water allowed to proceed at a low temperature until the meat is tender. The time required for roasting or cooking in water varies with the weight and quality of the meat.

The time required for broiling meats varies with the thickness of the meat.

Stock and broth are prepared by prolonged soaking of the meat in cold water and then cooking it at a low temperature for several hours, allowing it to cool uncovered. The meat that remains after straining may be utilized in various ways, adding a little fresh meat to give it flavor.

The fat must not be removed from stock or broth, for the fat excludes the air and prevents decomposition. It must, however, be entirely removed before the stock or broth is used; this fat may be used in place of drippings. Small globules of fat may be removed from cold broth with a cloth that has been dipped in boiling water and then wrung dry. Fat may be removed from hot broth by means of tissue paper or a slice of bread.

### COOKING TENDER MEATS—POASTING

Skewer the meat into shape. Place it on a rack in a meat pan, into the bottom of which pieces of fat from the meat have been placed. Put into a hot oven for ten minutes, to sear the meat. Then reduce the temperature of the oven. If desired, it may be seasoned with salt. Baste every ten minutes until it is done.

Broiling - Remove extra fat from the meat and grease the broiler with part of the fat. Broil over a clear fire, sear, and then turn every ten seconds. Chops one inch thick should be cooked for five minutes. A steak two inches thick should be cooked for ten minutes. Season and serve on a hot platter.

Pan Broiling - Remove fat from the meat. Heat a frying pan very hot, but use no fat. Sear the meat on both sides, and then cook more slowly until it is done. Stand chops upon their edges to brown. Keep the pan free from fat. The time required for pan-broiling is the same as that required for broiling.

Chicken Broth - Clean fowl, cut it into pieces and soak in cold water for one hour. Then cook in same water for four or five hours. Keep chicken covered while cooking and the temperature below the boiling point. Strain, add salt and remove fat. A medium sized fowl requires 2 quarts of water.

Chicken Jelly - Cut a medium sized fowl into pieces and boil in one quart of water for two hours, until only a pint of liquid remains. Season and strain. Place on ice to jell. Serve cold.



## DIET MANUAL

Calves' Brains - Wash the brains thoroughly, removing all the small membranes. Place in a quart of cold water to which a tablespoonful of vinegar has been added, soak for 20 minutes or half an hour, then drain. Drop into boiling water and cook 3 minutes - no longer. Pour off the water and replace with cold water. After this preliminary treatment they are ready for use in any way desired. Put on ice until ready to cook.

## FISH

Fish contains all the elements of meat in an easily digested form. On this account it is adapted to the needs of old and young alike and especially sedentary people. Brook trout, bass, perch and pike are best freshwater fish. Of saltwater fish, cod, haddock and halibut are the best staples.

Fish may be boiled, braised, baked or broiled, according to individual fancy.

### COOKING FISH IN BOILING LIQUIDS

In cooking fish in boiling liquid, two things must be kept in view; appearance and nutritive value. Cold liquid draws out the juices, while plunging the fish in boiling water causes the skin to contract and crack.

In consequence, a medium course must be pursued. Lower the fish, placed in a frying basket or tied in a piece of cheese cloth, into warm liquid and bring quickly to the boiling point; then let simmer until the flesh separates readily from the bones. After simmering begins, cooking will take five to eight minutes a pound, according to the thickness of the fish.

Having liquid cover the fish; add a teaspoonful of salt and a tablespoonful of lemon juice to each two quarts of liquid. When fish is cooked, drain, garnish with fresh parsley or cress, and serve with Hollandaise, or drawn butter sauce.

Broiling Fish - Fish that when dressed presents a thin, flat surface, in which the oil is distributed throughout the fish, as shad, bluefish and mackerel, are usually broiled. Before broiling a fish, brush well with butter or oil, and be careful that the fire is not too hot. After the first few seconds, the fish should be drawn away from the fire and cooked more slowly. Many varieties of fish, if they are subjected to an intense heat, become hard and indigestible. Mackerel and bluefish of fair size require fifteen to twenty minutes slow cooking. Baste with butter once or twice. The latter part of the cooking, particularly when the fish is thick, will be more successfully carried on in the oven. The broiler may be placed in the oven over a dripping pan. With a fork carefully separate the fish from the broiler on both sides, then slide on to a dish. Spread with butter.



## DIET MANUAL

**Baking Fish** - Fish may be baked whole, in large, thick slices, or in fillets. Shad, halibut, salmon, bluefish, whitefish, and bass are among those commonly baked. Place fish on greased fish sheet. Bake in hot oven, basting every ten minutes.

**Broiled Brook Trout** - Cut off the fins, draw the gills, push the handle of a wooden spoon along the backbone of each on the inside, to loosen the blood vessel that lies along the spine; wash and wipe dry, cut small incisions on both sides, season with salt, and broil in a double broiler from ten to fifteen minutes, according to the size of the fish. Turn every few seconds while broiling, to avoid burning the skin. Hold the broiler farther from the fire after the first few seconds.

## DESSERTS

Only the simpler, wholesome and easily digestible desserts should be selected. (Too much sugar should be avoided either in their preparation or serving, otherwise gas and hyperacidity may be a consequence.) These include bread and cornstarch puddings, gelatin, blanc-mange, junket, custards, tapioca, rice, baked apple, apple sauce, puree of prunes, plain ice cream and sherbet (eaten slowly), etc.

**Baked Bananas** -                   6 bananas  
                                  1 egg  
                                  2 tablespoonfuls bread crumbs

Remove the skin from the required number of bananas and scrape to remove all fuzzy portion next to the skin. Beat one egg and add two tablespoonfuls of milk or water. Dip the bananas into the beaten egg, then into toasted bread crumbs. Place on an oiled pan and bake in a moderate oven thirty to forty minutes, or until perfectly tender. Baked bananas are very wholesome but raw bananas are sometimes troublesome, unless very ripe.

**Prune Fluff** -                   1/4 pound dried prunes  
                                  1 egg white  
                                  1 cupful whipping cream

Wash prunes and let stand in boiling water a few minutes. Drain and soak in sufficient cold water to cover. Let soak for 24 hours, or until the prunes are soft. Drain off the liquid. Remove the stones and put the prunes through a colander. Then fold in the beaten egg white. This quantity should make one cupful of pulp. Serve in sherbet glass with a spoonful of whipped cream to each glass.

**Prune Souffle** -               2 cupfuls prune pulp  
                                  4 egg whites  
                                  4 tablespoonfuls powdered sugar

Cook one pound of prunes until tender and quite dry, and put through a colander. Beat two egg whites stiff and fold into the pulp. Put into a baking dish, set in a pan of hot water, and bake thirty minutes in a moderate oven, or until set. Make a meringue by beating the other two egg whites stiff and adding the powdered sugar. Spread on top of the prunes. Place in a moderate oven a few minutes until the meringue is brown.

## DIET MANUAL

Snow Pudding-- 1 quart milk  
1/4 cupful sugar  
4 egg whites  
1/2 cupful cornstarch  
1/2 teaspoonful salt  
2 teaspoonfuls vanilla

Mix the cornstarch with some of the milk. Add the sugar to the remainder of the milk and heat to scolding in a double boiler. Add the blended cornstarch. Cook one-half hour. Beat the egg whites stiff then gradually add the hot mixture to them, beating in thoroughly. Add the vanilla and salt, pour into molds. Serve cold.

California Cream - 2 tablespoonfuls gelatin  
1 cupful cold milk  
3 cupfuls hot milk  
1/2 cupful sugar  
2 eggs, beaten separately  
1 teaspoonful vanilla

Soak gelatin in cold milk and dissolve in hot milk. Add two tablespoonfuls of water to yolks of eggs and beat well. To them gradually add the sugar and beat until the sugar is well beaten in. Stir into the hot milk and let it cook for five minutes in a double boiler. Remove from fire, and when cool, pour slowly over the stiffly beaten whites of egg to which has been added 6 tablespoonfuls powdered sugar. Beat together, add flavoring, mold and chill.

Graham whip - 1-1/2 tablespoonfuls gelatin  
1/2 cupful cold water  
1/4 cupful boiling water  
1-1/2 cupfuls ground graham crackers  
2 tablespoonfuls sugar  
1 teaspoonful vanilla  
2 cupfuls whipped cream

Soak gelatin in cold water, add boiling water and sugar. When cool, fold in whipped cream and cracker crumbs. Mold and chill.

### WHITE SAUCE

No. 1 or Thin Sauce  
1 cup milk  
1 tablespoonful butter  
1 tablespoonful flour  
1/2 teaspoonful salt

No. 2 or Medium Sauce  
1 cup milk  
2 tablespoonfuls butter  
2 tablespoonfuls flour  
1/2 teaspoonful salt

No. 3 or Thick Sauce  
1 cup milk  
3 tablespoonfuls butter  
4 tablespoonfuls flour  
1/2 teaspoonful salt

## DIET MANUAL

### SUGGESTIONS FOR USING WHITE SAUCE

Vegetables or potato may be served with the thin white sauce.

Poached egg on toast with medium white sauce.

Asparagus on toast with medium or thick white sauce.

Cream Cheese Sauce - Make a thick white sauce but before removing from the stove beat in one-half package of creamed Philadelphia Cream Cheese, season slightly and serve on toast.

### BREAD PUDDING

1 cup dry bread crumbs

1 pint hot milk

1/4 cup sugar

1/8 cup melted butter

1 egg slightly beaten

1/2 teaspoonful flavoring

Add crumbs to hot milk, set aside to cool. Add all the other ingredients, bake in a moderate oven.

Butterscotch Bread Pudding - Instead of granulated sugar, use 1/2 cup brown sugar. Melt with butter over fire and cook until a dark brown.

Baked Caramel Custard - 3 eggs

1 pint milk

4 tablespoonfuls caramelized sugar

1/4 cup sugar

1/4 teaspoonful salt

1/4 teaspoonful vanilla

Dissolve caramelized sugar in milk. Complete as for baked custard.

Apple Snow -

2 1/2 tablespoonfuls apple sauce

2 1/2 tablespoonfuls gelatin

1/2 lemon

3 egg whites

Soak gelatin in a little cold water, add enough hot water (1 1/2 cups) to dissolve, cool. Add apple sauce, lemon juice, and beat. When it begins to jell beat slightly and fold in beaten egg whites. Let stand, beat again in 15 minutes. Pour into dessert dishes and place in a cool place to become firm.

A thin boiled custard may be poured over the Apple Snow just before serving.

Blanc Mange -

1 tablespoonful gelatin

2 cups milk

1/2 cup sugar

1/2 teaspoonful vanilla

Soak gelatin in 1/4 cup milk, scald the rest of the milk with the sugar and salt, add the soaking gelatin, strain, add vanilla and pour into molds.

Jellied Pears - Make a standard recipe of gelatin in any flavor. When it begins to jell pour over whole Bartlett pears placed in shallow pan. When firm cut in squares, serving one pear to a person.



DIET MANUAL  
CHAPTER XXIX  
ANTICONSTIPATION DIET  
(Not Applicable For Irritable Bowel)

(a) Diet: Because of a certain type of constipation, it has become necessary to modify your diet. All diets should be well balanced, and this fact has not been overlooked in arranging your dietary requirements. In general, the diet for the first three months should consist chiefly of cooked fruits, cooked vegetables, coarse breads, and coarse cereals. Raw fruits and vegetables may be gradually added after two or three months. An increase or decrease in the quantity of vegetables and fruits may be made, depending on the response to treatment. If underweight, a glass of rich milk or malted milk should be taken with meals and between meals. The following guide for selection of proper foods should be closely followed. You should eat three meals daily at regular hours. If underweight, midmeal food may be given. In selecting the food for your menus, care must be exercised so that a balanced diet will be eaten. A large amount of one food must not be eaten at the expense of some other food that is equally important.

Foods	May Have:	Avoid:
Beverages	Buttermilk Coffee Fruit juice Milk Postum	
Breads	Bran Graham Muffins Nut Bread Raisin Rye Whole Wheat	Corn Bread Crackers White breads
Butter and Olive Oil	As much as desired -- the more eaten the better unless you are inclined to be obese.	
Cereals	Bran breakfast foods Coarse cereals Oatmeal Pettijohn Cream and sugar with all cereals.	Cream of Wheat Farina Grapenuts
Cheese	Creamed cottage cheese	All others

## DIET MANUAL

(Anticonstipation Diet Cont'd)

Not Applicable for Irritable Bowel

Foods	May have:	Avoid:
Desserts	All kinds of fruit desserts Gelatin desserts Ice cream Ices Sherbets	All custards, pies and puddings con- taining a large amount of crackers, bread and eggs
Eggs	One or two soft boiled eggs dai- ly	Eggs in large quantities, regard- less of how prepared
Fruits	Apples ) All stewed fruits Figs ) especially Prunes ) prunes, figs apples Dates Figs Grapes Oranges Peaches Pears Plums	Bananas
Meats	Chickens Crisp bacon Fish Lamb Chops Steaks All in moderate servings	
Nuts	A few, (any kind), daily	
Salads	All kinds of fruit and vegetable salads.	Cheese Chicken Egg Fish Lobster Meat
Salad Dressings	Any kind and in as large quantities as desired.	Highly seasoned dressings
Soups	Cream soups Purees Vegetable Vegetable Bouillon	

## DIET MANUAL

(Anticonstipation Diet)

Not applicable for irritable bowel)

Foods	May Have	Avoid
Vegetables	<p>All kinds, and in as large quantitted as desired. The following are generally used</p> <p>Beets Cabbage Carrots Celery Cucumber Dandelion Green peas Greens Lettuce Parsnips Radishes Rutabagas Spinach Tomatoes Turnips</p>	

### SAMPLE MENUS

Breakfast	Dinner	Supper
Cereal, one serving	Soup; vegetable, 1 serving	Meat, 1 serving
Fruit, one serving	Meat, 1 serving	Potato, 1 serving
Bacon, 2 or 3 strips	Potato, 1 serving	Vegetable, 1 serving
Eggs, 2	Salad, vegetable or fruit, 1 serving	Salad, vegetable, 1 serving
Bread, 2 slices	Bread, 1 slice	Bread, 1 slice
Butter, as desired	Butter, as desired	Butter as desired
Cream, as desired	Cream, as desired	Cream, as desired
Milk, one glass	Dessert, 1 serving	Dessert, 1 serving
Coffee, 1 cup	Fruit juice, 1 glass	Fruit juice, 1 glass

Water- Drink three glasses before breakfast, between meals and before retiring.

#### (b) Medication:

(1) At the beginning of treatment, it may be necessary to take a tablespoonful of mineral oil two or three times daily. This should be reduced and finally discontinued as the symptoms are relieved.

(2) Oil retention enemas, (180 cc warm **olive oil**), may be used at bed time and retained until morning. These, too, should be reduced in number and discontinued as symptoms justify it.

(3) Agar-agar: Give one or two tablespoonfuls, plain



## DIET MANUAL

(Anticonstipation Diet)

Not applicable for irritable bowel)

granulated agar-agar, three times a day on cereals or in fruit juices. It may be used in addition to, or as a substitute for the mineral oil or oil enemas.

### (c) Exercise and habits:

(1) Any exercise such as stooping, bending and abdominal massage, which tends to develop the abdominal muscles is beneficial. Every night and morning, lie on your back and raise the extended legs high as you can ten to forty times. Walk three or four miles, saw wood, or work in the garden every day.

(2) Avoid tobacco in all forms.

(3) Never neglect a "call". Visit the toilet at once even at much inconvenience. A lost "call" is not easy to recover.

(4) Visit the toilet at a regular time at least twice daily, even though there is no desire. Take plenty of time. Bowels that are constipated respond slowly at first.

(5) Eat your meals regularly. Don't miss a meal. Take plenty of time to eat. Chewing your food well stimulates the colon to push the residue along.

(6) Remember, it is better to correct constipation by regular habits, exercise, water and proper diet than by medicine.

(7) Take a cold bath in the mornings.

(8) Omit all medication as soon as possible. Negligence in carrying out the above regime will result in failure, and if improved, a relapse.

### Special Instructions:

DIET: Omit \_\_\_\_\_

Medication \_\_\_\_\_

# DIET MANUAL

## CHAPTER XXX

### LOW CALORIC DIET

(Instructions for . . . . . )

Date . . . . . Weight . . . . .

This diet is prescribed to aid you in reducing your weight. You should not lose more than 3 pounds per week. Your general condition must be known to your physician, and while reducing, he will recheck you each week. Reducing diets are dangerous if proper control is not maintained. In attempting to reduce your weight, you must have self control and resist all foods not prescribed for you. Report regularly to your physician as directed. Remember, you must be honest with yourself first.

Cheating on diets only harms you. The scales are your barometer. You will lose weight if you persevere. The following foods are the common ones used in reducing diets:

#### LEAN MEATS (Trim off all visible fat):-

Beef, round	Liver
Beef, dried	Shrimp
Chicken, broiled	Turkey
Codfish	Veal Roast only
Crab meat	

#### 5 Per Cent Vegetables

Asparagus	Lettuce
Broccoli	Pumpkin
Cabbage	Radish
Cauliflower	Spinach
Celery	Tomatoes
Cucumber	Turnips
Egg plant	

#### 10 Per Cent Vegetables

Beets	Olives
Brussel sprouts	Onions
Carrots	Rutabagas

#### 5 Per Cent Fruits

Avocado	Rhubarb
Melons	Strawberries
Lemon juice	

# DIET MANUAL

(Low Caloric Diet Cont'd)

## 10 Per Cent Fruits

Blackberries	Lime juice
Cranberries	Oranges
Currants	Peaches
Gooseberries	Tangerines
Grapefruit	

In the following table has been listed the above foods and additional articles permitted for each meal. You should provide yourself with suitable scales.

### Special Instructions:

- (1) Return for recheck . . . . .
- (2) Medication . . . . .
- . . . . .
- . . . . .
- . . . . .
- . . . . .

Your diet consists of Protein \_\_\_\_\_ gm. Carbohydrate \_\_\_\_\_ gm.  
Fat \_\_\_\_\_ gm.

	Break- fast	Dinner	Supper	Total Grams	Protein	Carbohy- drates	Fats	Total Calories
Bread								
Butter								
Bacon								
Bran Muffin								
Cream 20%								
Cottage cheese								
Cereal, dry								
Fruit, 5%								
Fruit, 10%								
Milk, skimmed								
Milk, whole								
Meat, lean								
Vegetables 5%								
Vegetables 10%								



## DIET MANUAL

### CHAPTER XXXI

#### INSTRUCTIONS ON DIET AND DISEASES OF THE COLON HIGH CALORIC, HIGH VITAMIN, LOW RESIDUE DIET (For Ulcerative Colitis)

(Instructions for \_\_\_\_\_)

Your condition has now reached a subacute or chronic stage which should continue to improve, however, a special diet will be needed as a part of your treatment. The diet should be well balanced and high in calories and vitamins. At the same time, there must be little or no indigestible residue that will irritate the colon. While your symptoms are severe, or in the acute stage, your physician will supervise your dietary needs from day to day. In the selection of foods for your menu, the general guide below should be followed:

Foods	May have:	Avoid:
Beverages	Coffee Milk Tea Water	Iced drinks
Breads	All types except those containing bran	All others
Cereals	All cooked, except those containing bran. As symptoms subside, may use all dry cereals except bran cereals. Macaroni, spaghetti and Italian pastes are permitted.	All bran cereals at all times.
Cheese	Cream cottage cheese	All others
Desserts	Boiled custard Cornstarch pudding Gelatin desserts made with cream Ice Cream (eaten slowly) Junket Rice pudding Sponge cake or any strictly bland dessert. Add lactose to desserts instead of extra sugar and cream instead of milk in making desserts.	All desserts containing berries or fruits. As symptoms subside or if symptoms are mild, bland fruits may be used.
Eggs	Coddled, poached, soft boiled Use freely	Fried

## DIET MANUAL

### (Instructions on Diet Diseases of the Colon Cont'd)

Foods	May Have	Avoid:
Fats	Bacon Butter Cream Mayonnaise Salad oil All in liberal amounts	
Fruits	All of the bland fruits. These are: <div style="margin-left: 40px;"> <u>Cooked</u>              Apples              Apricots              Peaches              Pears  <u>Raw</u>              Avocado              Banana              Orange juice           </div>	All coarse fruits with fiber, skin and seeds.  Cooked fruits should be sieved
Meats	All meats and meat broths, except fried meats. Eat liver and sweetbreads liberally.	Highly seasoned Fried meats
Soups	Cream soups made with vegetable puree and cream. Also meat broths	All others
Vegetables	Beets Egg plant Potato (except fried) Puree of asparagus Pumpkin Peas Squash Tender string beans Use tomato juice freely	Brussel sprouts Coarse string beans Cabbage Cauliflower Corn (Celery may be added later if it is tender and chopped very fine) Any vegetable not pureed

VITAMINS- In addition to the vitamins in your diet, additional vitamins may be prescribed. Cod liver oil, viosterol, brewers yeast and wheat germ preparations are generally used. (See special instructions below)

In preparing your menu, the following general outline will insure a balanced diet that will meet the above requirements.

# DIET MANUAL

## SAMPLE MENUS

Breakfast	Dinner	Supper
Orange juice, 1 glass	Cream of tomato soup	Cream of pea soup
Sieved oatmeal, 1 large serving	one serving	one serving
Bacon, two to three slices	Tenderloin steak	Creamed sweetbread
Coddled eggs, two	one serving	one serving
Toast, two slices	Creamed potatoes	Baked potato, one serving
Butter, as desired	one serving	Purée of asparagus
Coffee, one cup	Purée of carrots	one serving
	one serving	Bread, two slices
	Lettuce, finely shredded	Jelly, as desired
	single serving	Butter, as desired
	Mayonnaise, as desired	Milk, one glass
	Bread, two slices	
	Boiled custard, one serving	
	Cream, 30 cc	
	Butter, as desired	
	Milk, one glass	

### SPECIAL INSTRUCTIONS -

Medication, (including vitamins) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### DIET FOR DIVERTICULOSIS OF THE COLON

(Instructions for \_\_\_\_\_)

Diet is probably the most important part of your treatment. Even though all of your symptoms have disappeared, the diet should be continued, because a return to certain foods will, in all probability cause a return of your symptoms. The diet should not be modified, except upon the advice of a physician. The following guide to be used in selecting the food for your menus should be carefully observed. Laxatives, (agar-agar and mineral oil), may be required. Your physician will prescribe them when necessary.

Foods	May Have:	Avoid:
Beverages	Coffee	Iced drinks
	Milk	
	Tea	
	Water	
Breads	All types except those containing bran	All others



## DIET MANUAL

### (Diet for Diverticulosis of the Colon)

Foods	May Have:	Avoid:
Cereals	All cooked cereals, except those containing bran. As symptoms subside, may use all dry cereals except bran cereals. Macaroni, spaghetti and Italian pastes are permitted.	All bran cereals at all times.
Cheese	Cream cottage cheese	All others
Desserts	Boiled custard Ice Cream (if eaten slowly)	
Vegetables	Asparagus Beets Eggplant Peas Potato (except fried) Pumpkin Squash String beans Tomatoes Turnips Use tomato juice freely	Any vegetable not pureed Brussel sprouts Cabbage Cauliflower Coarse string beans Corn Celery may be added later if it is tender and chopped very fine.

VITAMINS - In addition to the vitamins in your diet, additional vitamins may be prescribed. Cod liver oil, viosterol, brewers yeast and wheat germ preparations are generally used. (See special instructions below).

In preparing your menu, the following general outline will insure a balanced diet that will meet the above requirements.

Breakfast	Dinner	Supper
Orange juice 1 glass	Cream of tomato soup 1 serving	Cream of pea soup 1 serving
Sieved oatmeal 1 large serving	Tenderloin steak, 1 serving	Creamed sweetbread, one serving
Bacon, 2 or 3 slices	Creamed potatoes, 1 serving	Baked potato, one serving
Coddled eggs, two	Puree of carrots 1 serving	Puree of asparagus, 1 serving
Toast, 2 slices	1 serving	Bread, 2 slices
Butter, as desired	Lettuce, finely shredded 1 small serving	Jelly, as desired
Coffee, 1 cup	Mayonnaise, as desired Bread, 2 slices Boiled custard 1 serving Cream 30 cc Butter as desired Milk, 1 glass	Butter, as desired Milk, one glass

DIET MANUAL

(Diet for Diverticulosis of the Colon)

Special Instructions -

- (1) Use orange juice liberally with and between meals.
- (2) Medication . . . . .  
    . . . . .  
    . . . . .  
    . . . . .

## DIET MANUAL

### CHAPTER XXXII

#### DIETARY INSTRUCTIONS IN DISEASES OF THE LIVER AND GALLBLADDER

##### LOW FAT DIETS

(Instructions for \_\_\_\_\_)

The low fat diet has been prescribed as an important part of your treatment. The habits of living, diet, exercise, rest and mental relaxation are necessary in hastening your recovery. Take daily exercise by walking in the open air. Break up the day with one hour complete rest on your back in the middle of the day. Alcohol is forbidden in all forms. Drink water (6 or 7 glasses) daily. Fatty foods must be avoided. The bowels should move regularly once or twice daily. Because of the wide range of foods containing fat in the natural state or must be used in their preparation, it is easier to list the permissible foods for the low fat diet. The following list is a guide to be followed in making out your menu:

Bread - No restriction.

Beverages - Coffee, skimmed milk, tea.

Cereals - No restriction.

Crackers - Graham or white.

Desserts - No restriction on plain desserts made without fats and eggs; jams, jellies and hard candies permitted freely.

Eggs - Restrict to one daily.

Fruits - No restriction.

Italian Pastes - No restriction.

Meats - Beef, chicken and turkey (trim off all visible fat).

Soups - Only skimmed meat, chicken and vegetable broths are permitted.

Vegetables - No restrictions (must not be creamed).

Avoid - All fried foods, fatty foods, butter, cream, mayonnaise and other concentrated fats.

Your menus should be constructed after the following plan:

##### SAMPLE MENUS

###### Breakfast

Orange juice  
1 glass  
Muskmelon  
1 serving

###### Dinner

Skimmed chicken broth  
1 serving  
Crackers - as desired  
Broiled chicken,  
1 serving

###### Supper

Steamed rice, 1 serving  
Peas - 1 serving  
Toast - 2 slices  
Skimmed milk, 1 glass



# DIET MANUAL

(Dietary Instructions in Diseases of the Liver and Gall Bladder, Low Fat Diets Cont'd)

## Breakfast

Coddled egg, 1  
 Toast, 2 slices  
 Jam, as desired  
 Skimmed milk, 1 glass  
 Coffee, 1 cup

10:00 AM

Lemonade, 1 glass  
 Hard candy, as  
 desired

## Dinner

Baked potato, one serving  
 String beans, one serving  
 Pineapple-lettuce salad 1  
 Bread, 1 slice  
 Jelly, as desired  
 Plain pudding, one serving

3:00 PM

Orangeade, 1 glass  
 Hard candy, as desired

## Supper

Canned peaches, one  
 serving  
 Tea or coffee, 1 cup  
 9:00 PM  
 Skimmed milk or pine-  
 apple juice, 1 glass

## Special Instructions -

Medication. . . . .  
 . . . . .  
 . . . . .  
 . . . . .  
 . . . . .  
 . . . . .

# DIET MANUAL

## CHAPTER XXXIII

### CARDIOVASCULAR-RENAL DIET

(Instructions for \_\_\_\_\_)

There are many types of cardiovascular-renal disease and each requires a special diet. General instructions are applicable to all. Tea and coffee should be avoided or limited. Do not eat too much. Half portions are better tolerated. Eat more frequently if necessary to satisfy your appetite. These diets are weighed or measured. Do not eat any other food. Constipation must be avoided. Condiments, spices and salt must not be used unless your physician has included it in your diet. Many require restriction of fluids. Do not exceed that permitted. In a general way, the data below should be used as a guide in selecting food for your menu:

Food	May Have:	Avoid:
Beverages	Kaffee Hag Milk Postum Sanka Water to the limit of fluid permitted	Alcohol Cocoa Coffee Tea
Bread and Cereals	All breads and cereals may be used, however, in their preparation salt must not be added when used for salt free diets.	All prepared cereals that contain salt.
Butter	Salt free (sweet)	Ordinary butter if salt free diet is used.
Cheese	Fresh cottage cheese without the addition of salt. Any cheese may be used if salt is not limited.	All except fresh cottage cheese that is prepared without salt if a salt free diet is used.
Desserts	Plain desserts, cooked or fresh fruits such as: Canned peaches Fruit jello Fresh pears Rice pudding Sugar cookies Vanilla wafers	Cakes Pies Rich puddings

# DIET MANUAL

## (Cardiovascular-Renal Diet continued)

Food	May Have:	Avoid:
Fruits	Canned Cooked Fresh All may be used freely	
Meats	Fresh meats for salt free diets. Bacon Ham and semi-cured meats may be used only to limit of protein per- mitted when diet is to be salt free.	
Milk	Milk in quantities justi- fied by permissible fluid intake. At least 300 cc should be taken in all cases.	
Soups	Vegetable soup if permissible by limited fluid intake. To be prepared without the addi- tion of salt if salt free diet is used.	All meat soups
Vegetables	Canned and fresh vegetables may be used freely.	

### Special Instructions -

- (1) Fluid intake is limited to \_\_\_\_\_ cc.
- (2) Protein is, is not, limited, (special menus with quantities indicated are prepared for those requiring low protein intake).
- (3) Medication. . . . .



# DIET MANUAL

## CHAPTER XXXIV

### DIABETES MELLITUS

(Instructions for \_\_\_\_\_)

#### GASTRO INTESTINAL AND METABOLIC SECTION

##### INTRODUCTION

This booklet is not intended to furnish information ordinarily contained in the various manuals now available for those afflicted with diabetes mellitus. It is furnished for the purpose of establishing a better ward routine and to assist in the study of diabetes mellitus as it applies to each case, thereby assuring better cooperation between patient and ward personnel.

My name and address are -

Name . . . . .  
Address:  
Street . . . . .  
City . . . . .  
State . . . . .  
Telephone No. . . . .

I have diabetes mellitus and my diet and insulin are:

Diet:  
Protein . . . . . grams.  
Carbohydrate . . . . . grams.  
Fat . . . . . grams.  
Insulin U- (Regular or Protomine Zinc)  
Breakfast . . . . .  
Dinner . . . . .  
Supper . . . . .  
M . . . . .

My physician's name and address are:

Name . . . . .  
Telephone No. . . . .  
Street . . . . .  
City . . . . .  
State . . . . .

#### THE CAUSE OF DIABETES MELLITUS:

Diabetes Mellitus is a disease resulting from a deficiency of an internal secretion of the pancreas. This secretion is known as insulin. The cause of the deficiency is unknown.

Some cases are mild and can be controlled by diet alone. Usually moderate and all severe cases require insulin as well as diet to control the disease. All principal elements of food; viz., proteins carbohydrates and fats are affected by the deficiency of the pancreatic secretion but the detection of diabetes mellitus and its control, are based on finding sugar in the urine and also, on an excess of sugar in the blood.

## DIET MANUAL

### (Diabetes Mellitus Cont'd)

#### OUTLOOK FOR THE DIABETIC:

Because you have been told that you suffer from diabetes mellitus is no reason to become alarmed or to believe that death is to ensue in a comparatively short time. While we do not know the cause of diabetes mellitus we do have a material which, if handled properly in conjunction with a properly balanced diet, will enable one to eat sufficient to insure proper metabolic activities in the body. As with all constitutional diseases it is very important that infections and acute diseases of all types be avoided and, if these do occur, that utmost precautions be taken and treatment given in their early stages. You should see your physician at least once a month and have a complete physical examination once or twice a year.

#### SYMPTOMS OF DIABETES MELLITUS:

Often the patient is not aware of any symptoms. This is especially true in the milder forms. The usual symptoms are:

- (a) Increased thirst which is called polydipsia.
- (b) Increased hunger which is called polyphagia.
- (c) Increased output of urine which is called polyuria.
- (d) Loss of weight and strength.

Many other symptoms may arise from time to time but these are usually from complications which you are expected to learn to avoid.

#### HOSPITALIZATION:

During your period of hospitalization it is expected that you will obtain more benefit from it than the mere preparation of a suitable diet and the administration of the proper amount of insulin. The instructions which you will receive here are for your benefit after you leave the hospital and are designed to enable you to carry out your treatment at home in an intelligent manner. It will also enable you to recognize defects in your diet or the necessity for increase or decrease of insulin, and many other important questions which should be and may be properly interpreted early without the necessity of re-entering the hospital. Your instructions will be divided into the following:

(a) Method of Examination of Urine with Demonstration. The instructions will be given in the ward by the technician, as soon as practical after your admission.

(b) Methods of Weighing and Measuring Diets with Demonstrations. These instructions, with demonstrations will be given in the ward, each Thursday at 10:30 A.M.

(c) The administration of Insulin. The method of sterilization of equipment, withdrawing dosage of insulin into syringes, sterilization of site to be injected, measuring dosage, and actual administration of insulin are given by one of the Ward Nurses several times during your period of hospitalization. You will be required prior to your departure to show proficiency in these subjects as well as administering insulin to yourself if you are a patient who requires insulin as well as diet.

(d) Talks by the Ward Officer. These talks will be given in the Ward every Tuesday at 10:30 A.M.



## DIET MANUAL

### (Diabetes Mellitus Cont'd)

It is not expected that you burden yourself with an unnecessary amount of information on this subject but it is desired that you familiarize yourself with enough of the essentials to enable you to follow the instructions given you while here. This pamphlet is not intended to give you all of the instructions you will need. There are many books on this subject published for a person suffering from diabetes mellitus and it will be necessary for you to obtain one of these books for study and reference while here and in the future. Your Ward Officer will inform you regarding these books.

#### BALANCING ON DIET AND INSULIN:

There are various degrees of diabetes mellitus. Some of these can be handled adequately on diet alone. Others require both diet and insulin. Although insulin may not be required, it is just as important that you be as careful with your diet as if insulin is prescribed.

Usually upon entrance to the hospital a test diet is started. This is for the purpose of immediately lowering your blood sugar and establishing some idea regarding your tolerance for sugar. This diet will last for several days after which you will be placed on a maintenance diet, which means a diet that will sustain you at your proper weight while engaged in your occupation. This, naturally, varies in different people. Once your maintenance diet is started you will be given a typewritten copy of this diet which shows the different articles of food served you at each meal and, also, the quantity served. These maintenance diet menus, when preserved and pasted in your books, will be of use in your own home. Should you remain in the hospital long enough to accumulate a large number of these diets, you may then select from them fourteen (14) menus that appeal to you most, and place them in your book. By doing this you will have a series of menus that have been already worked out and leave nothing for you to do except to weigh and measure the materials listed for each meal.

It is desired that each patient have all the food that he feels like eating. There is no longer any reason for a diabetic to go hungry. There are, however, certain articles of food that are not permissible but these articles are not necessary. One of the first lessons to learn is to never eat outside of the diet furnished you. Remember that cheating on a diabetic diet is cheating yourself. If you feel hungry after eating, tell the doctor, and a satisfying diet will be furnished.

You will be informed of the number of grams of protein, carbohydrate, and fat that go into your diet and from time to time you will be required to make an extension of the figures in your diet. Therefore, you should familiarize yourself, from information in a diabetic manual, with the percentage of these elements in the various foods furnished you. If your extension is at variance with the total number of calories you are daily receiving the Ward Officer will help you find your errors.



## DIET MANUAL

### (Diabetes Mellitus Cont'd)

In balancing your diet and insulin your present condition and requirements have been considered. This does not mean that future adjustments may not be required. Often the severity of diabetes mellitus changes as well as the general conditions and these factors often necessitate minor changes in insulin or diet and sometimes it becomes necessary to completely recheck and balance diet and insulin again.

#### WEIGHING AND MEASURING FOOD:

You will be shown the proper method of weighing and measuring your food after you leave the hospital. Certain recipes will be given you; also those foods that are to be weighed before and after cooking. The manner of preparation of foods will also be described to you. Many patients frequently inquire about these points after they have left the hospital. You must assume responsibility for your diet after discharge and you should be able to instruct those cooking for you in the manner of weighing and preparation. After discharge from the hospital don't change your diet unless directed to do so by a physician. Do not change insulin dosage unless you have reactions. If you have reactions, consult your physician immediately. The amount of food proscribed for you is correct and it should not be changed with a view to lowering the insulin dosage.

#### EATING MEALS AWAY FROM HOME:

This is a problem that may confuse you. Most of the larger cities afford at least one diet restaurant where you can show your diet list and be served accurately. If such is not the case and you make a practice of carrying your diet with you, select articles of food available that will very closely approximate your particular meal. Such a step is advised only as an emergency measure and should not be practiced. Pocket scales are manufactured and sold by various diatetic houses and if one is going to eat away from home very often, arrangements should be made to have the diet weighed. Diabetes mellitus will not adjust itself to you and if you expect to get along well it will be necessary for you to adjust yourself to the two largest factors we have for its control; viz., diet and insulin. There is very little time consumed in weighing and measuring a diet after one is accustomed to it.

#### INSULIN ADMINISTRATION AWAY FROM HOME:

One is frequently asked whether or not it is necessary to take insulin at a single meal if eaten away from home. It must be obvious that if insulin has been proscribed in certain doses by your physician, he is not going to advise omission of a single dose. It is true that you may have no apparent damage done by missing a single dose of insulin but it is one of the first steps in carelessness and soon leads to further "sins of omission and commission" that are certain to result in serious damage. Many firms manufacture an insulin administration outfit that is very convenient and easily used anywhere. There is no longer any reason for a diabetic to miss a dose of insulin because it is inconvenient to take it.

## (Diabetes Mellitus Cont'd)

## FOCI OF INFECTION:

During your stay in the hospital an attempt will be made to remove any foci of infection present. In the future should the question of extraction of teeth, removal of tonsils, sinus operations, or removal of any foci of infection arise, it is important for you to inform those treating you that you are a diabetic. Removal of such foci should be undertaken after all the facts are known and urine and blood sugar have been carefully checked. If you require insulin it is important that you know the effect of insulin is partially destroyed by the presence of foci of infection. Frequently the dosage of insulin can be reduced after foci of infection have been removed.

## EXAMINATION OF URINE:

You will be taught the importance of and the proper method of examination of the urine. Once or twice each week you should collect all the urine passed in twenty-four hours and measure it to determine if you are passing more or less than the normal amount. The urine should be examined daily for the presence of sugar. To do this, collect the first urine passed in the morning. Put four (4) drops of this urine in a test tube and thoroughly mix with two and one half (2.5)cc. of Benedict qualitative solution. Place the tubes in boiling water for five (5) minutes, at the end of which time if there has been no change in color the urine contains no sugar. If the color changes to a green color there is only a trace of sugar present; if a yellowish green color appears, there is about 1/2% sugar present; if a yellow color appears, there is 1% of sugar present; if a brick red color appears, there is more than 1% present.

Use only the amount of urine and Benedict's solution as stated above. When you buy Benedict's solution be sure you get Benedict's qualitative solution and not Benedict's quantitative solution. When you get this solution you should test it. You can do this by mixing two (2) drops of undiluted orange juice in six (6) cc. of the Benedict's solution and put the tube in a pan of boiling water for five (5) minutes. If the solution is correct, a reddish yellow color will appear at the end of the time. You will need the following materials for testing the urine:

- (1) Several test tubes.
- (2) A test tube brush.
- (3) A bottle Benedict's qualitative solution.
- (4) Medicine dropper.
- (5) Small glass graduate measuring c.c.'s.
- (6) A small wide mouth specimen bottle to collect daily morning specimens.
- (7) A large wide mouth gallon jug to collect 24 hour specimen as directed.
- (8) Pan of boiling water.

If it is more convenient to boil the urine over a gas jet or an alcohol lamp these articles must also be obtained. If you find the urine shows the presence of sugar it should be reported to your physician.



## DIET MANUAL

### (Diabetes Mellitus Cont'd)

There is space provided in this pamphlet to record the dates you find the urine is positive for sugar; Estimate of the amount of sugar present should be stated under that date. There is no need to list negative findings. It is expected that you will examine your urine daily for sugar and if those specimens that contain sugar be listed it will aid your physician, as well as yourself, in a more intelligent management.

#### RENAL THRESHHOLD:

The renal threshold means that point in a person's blood sugar where the concentration of the sugar in the blood has reached a point when the kidneys begin to discharge sugar in the urine. This point varies in different people and also varies slightly in the same person over a long period of time or, possibly, after an illness. Usually sugar will not be found in the urine until the blood sugar has reached 175 milligrams or more. You can readily see, then, how important it is for you to know what your renal threshold is, for by this, you can have a fair estimation of the blood sugar when a trace of sugar appears in the urine.

#### BLOOD SUGAR ESTIMATION:

In this hospital you have been balanced by the blood sugar determination method. This is done for the reason that if we merely balanced you down to the point of clearing the urine of sugar and if you have a moderate or high renal threshold you would still be running a blood sugar above the normal. The normal blood sugar is considered to be 70 milligrams low normal, to 130 milligrams high normal.

You will be advised prior to your departure whether future blood sugar determinations should be included in your routine and how often the test should be done. Elsewhere in this pamphlet you will find space provided for a record of every blood sugar determination. An accurate list of these, with dates made, should be kept, for they furnish valuable information for the physician in following the progress of your case.

#### INSULIN:

If you are unable to maintain an approximately normal blood sugar on a diet that is satisfying and capable of sustaining your body at the proper weight at whatever your occupation may be, you should take insulin. Insulin is obtained from the pancreas of the cow. In the pancreas there are some little islets of tissue that are known as the islands of Langerhans and in health they secrete insulin which is poured directly into the blood stream. When there is a deficiency of this secretion it interferes with the metabolism of sugar in the body and this sugar continues to collect in the blood stream and tissues of the body. If enough collects, diabetic coma is the result.

At the present time there are two kinds of insulin, namely regular (or old) insulin, and protamine zinc insulin.



## DIET MANUAL

### (Diabetes Mellitus Cont'd)

#### REGULAR INSULIN:

This form of insulin is absorbed quickly and for that reason acts rather rapidly. It is marketed in various strengths and is easily identified:

Blue label	U-10	1	cc.	equals	10 units.
Yellow label	U-20	1	cc.	"	20 "
Red label	U-40	1	cc.	"	40 "
Green label	U-80	1	cc.	"	80 "
Orange label	U-100	1	cc.	"	100 "

Regular insulin in all strengths is sold in two size bottles, viz., five (5) cc. and ten (10) cc. The size of the bottle has nothing to do with the strength. If you are stabilized on regular insulin be sure that you know the U strength you are taking.

#### PROTAMINE ZINC INSULIN:

This form of insulin is prepared by mixing regular insulin with protamine and zinc with a buffered solution. It is absorbed more slowly and exerts a blood-sugar lowering effect for a longer time than the regular insulin. For this reason, often, one injection daily is all that is necessary when protamine zinc insulin is used. For various reasons, some individuals do not seem to do as well on protamine zinc insulin as on ordinary insulin. For that reason you may be stabilized on either regular insulin or protamine zinc insulin.

At the present time Protamine Zinc Insulin is marketed only in the U-40 strength and the label is white.

#### HOW LONG SHOULD INSULIN BE TAKEN:

As a rule the use of insulin can never be discontinued. If your case has been thoroughly checked and it is found that insulin is required the amount may be reduced if you develop a better tolerance to sugar, but it is usually the mild cases of diabetes mellitus that can safely discontinue the use of insulin or not use it at all. The popular idea that once insulin is begun it can never be stopped is erroneous. If you need insulin it should not be stopped. Follow your Doctor's advice. He will gladly discontinue your insulin if it is safe.

#### INSULIN ADMINISTRATION:

You will need the following for insulin administration:

- (1) Insulin (Keep a month's supply on hand).
- (2) Two (2) insulin syringes (always have an extra one for emergencies.)
- (3) One-half dozen rust-proof 1/2 inch 24 gauge hypodermic needles.
- (4) One bottle medicated alcohol.
- (5) One-half pound absorbent cotton.

If you do not have the insulin syringe designed to be kept sterile at all times in alcohol you will need material to boil the needles and syringe in a pan of water for eight (8) to ten (10) minutes.

(Diabetes Mel litus Cont'd)

Fill syringe and inject as you will be taught here under supervision. The site of injection should be changed with each dose. Do not inject insulin into the skin. It should be injected just beneath the skin. Do not use sites on the inner surfaces of legs, thighs, arms, and areas around the joints and blood vessels.

INSULIN REACTION:

Insulin reaction is the result of injecting too much insulin or from not eating your prescribed diet. Remember the diet and insulin have been balanced against each other and if a meal is omitted and insulin is taken a reaction may result. Carelessness in measuring the insulin may result in administering a dose that is excessive, which may cause a reaction. A common mistake made by patients is omission of insulin if the meals are not eaten. Remember, if you become ill and cannot eat your meals because of nausea, vomiting, etc., take at least one half the regular dose of insulin and report to your physician at once.

Diabetic coma is a condition that results from an excessive accumulation of sugar in the blood. This is due to eating an improper diet and not taking the proper amount of insulin. Diabetic coma and insulin reaction may confuse the inexperienced. The table below will help you to determine whether an insulin reaction or diabetic coma is ensuing.

DIFFERENTIAL DIAGNOSIS:

Differential Diagnosis: -Onset-

Diabetic Coma

History of eating too much or omitting insulin

Precomatose Symptoms: Gastro-Intestinal Symptoms-

1. Nausea and vomiting common.
2. Thirst marked and dehydration present.
3. Pain in abdomen is usually present.
4. Food is repulsive.

Nervous Symptoms:

1. Headache and weakness developing slowly.
2. General restlessness and slow development of unconsciousness.
3. Muscles flabby.
4. Stupor and coma developing slowly.

Insulin Reaction

Symptoms come on quickly, usually within 20 minutes after insulin is administered. May get history of unusual exercises or omitting part of meal.

1. Nausea and vomiting rare.
2. Thirst absent. Dehydration absent.
3. Pain in abdomen is absent but a feeling of hunger is present.
4. Suddenly becomes hungry.

1. Marked weakness developing suddenly.
2. Pupils dilated, double vision and convulsions.
3. Convulsions-face has mask-like appearance depicting fear. Patient disoriented, "shakes" and inward trembling common.



## DIET MANUAL

(Diabetes Mellitus Cont'd)

### Diabetic Coma

### Insulin Reaction

4. Sudden unconsciousness usually preceded by double vision and a convulsive seizure.

#### Comatose Stage:

##### Breathing-

1. Air hunger marked; slow deep breathing; face flushed; sweet fruity odor to breath.
1. Breathing may be normal or short and jerky. Frequently profuse perspiration.

##### Eyes-

2. Eyeballs are soft; vision blurred or absent.
2. Normal tension in eyeballs; double vision common.

##### Urine and Blood-

3. Sugar and acetone present in urine; blood sugar markedly elevated.
3. Sugar and acetone not present in urine; blood sugar 60 milligrams or lower.

##### Temperature-

4. Normal
4. Sub-normal.

##### Blood Pressure-

5. Normal or subnormal
5. Low blood pressure.

##### Recovery-

6. Recovery slow even after insulin is given in large doses; often fatal.
6. Immediate recovery after taking sugar or orange juice and is never fatal.

#### PREVENTION OF COMA:

1. Never omit the use of insulin unless the urine is free of sugar.
2. If you feel sick, especially if you have fever, nausea, vomiting or severe pains in the abdomen, do the following:
  - (a) Go to bed.
  - (b) Call a doctor.
  - (c) Take a cup of tea, coffee, or both every hour. Omit at least one-half of your diet and instead take orange juice or oatmeal gruel. If the urine contains sugar, continue your insulin until the doctor arrives.
  - (d) Get a nurse or someone to remain with you until you are well.
  - (e) Take a soapsuds enema.
  - (f) Boil a quart of water and have it ready for your physician when he arrives.

#### TREATMENT OF INSULIN REACTION:

Insulin reaction may be the result of one of the following:

- (1) Too much insulin.
- (2) Too long a period between administration and eating the meal.
- (3) Food has not been absorbed because of ingestion, vomiting or diarrhea.



## DIET MANUAL

### (Diabetes Mellitus cont'd)

- (4) Too much exercise.
- (5) Failure to eat the diet prescribed.

If conscious give:

(1) Sixty (60) cc. of orange juice every 15 to 20 minutes until relieved. It is usually unnecessary to give the orange juice but once.

(2) If orange juice is not available a lump or two of sugar will answer the same purpose.

If still unconscious give:

(1) 1/2 cc. of 1-1000 solution of adrenalin chloride hypodermically. Repeat in 15 minutes if necessary.

(2) Karo syrup or 10% glucose per rectum, or -

(3) Glucose 10% solution intravenously. Persons suffering from diabetes mellitus should habitually carry a few lumps of sugar for emergency use.

### TREATMENT OF FEET:

Hygiene:

1. Wash the feet daily with soap and water. Dry thoroughly, especially between the toes, using pressure rather than rubbing.
2. When thoroughly dry rub well with hydrous lanolin as frequently as necessary to keep the skin soft and supple and free from scales, but never render the feet tender.

3. If the skin becomes too soft rub once a day with alcohol.

4. If nails are brittle, hard, and dry, soften them by soaking in warm water one half hour each night and apply lanolin underneath and over them and bandage loosely. Clean nails with orangewood stick. Cut the nails only in a good light and after a bath and when the feet are very clean. Cut nails straight across to avoid injury to the skin and soft tissues. If you go to a chiropodist be sure to tell him you have diabetes.

5. Wear shoes of soft leather that are properly fitted. Be sure they are not too narrow and not too short. When the shoes are new, wear them only an hour or two a day until they are "broken" in.

6. Use a fresh, clean pair of socks each day.

7. If you are over 45 years of age do not apply heat in any form to your feet. Do not use electric pads or hot water bottles or hot lights.

### TREATMENT OF CORNS AND CALLOSITIES:

1. Wear shoes which fit properly and do not cause any pressure.
2. Soak feet in warm, not hot, soapy water. Rub off with gauze or file off the dead skin on and about callus or corn. Do not tear it off. A corn may be painted at night with :-

Salicylic acid.....1 dram.

Collodion.....1 ounce.

Repeat the painting for four nights and then, after soaking in warm water, the corn will come off easily. If it does not come off easily without bleeding, repeat the treatment for four more nights.

3. Do not cut corns or callosities.
4. Prevent calluses under ball of feet by:

## DIET MANUAL

### (Diabetes Mellitus Cont'd)

(a) Exercises such as stretching the toes 20 times a day.

(b) Finishing each step on the toes and not on the ball of the foot.

### POOR CIRCULATION OF FEET (Cold Feet)

1. Exercise: Bend the foot up and down as far as it will go six times. Then describe a circle to the left with the foot ten times and then to the right. Repeat morning, noon and night.

2. Massage the feet with lanolin or cocoa butter.

3. Don't wear circular garters.

4. Don't sit with the knees crossed.

### ABRASIONS OF THE SKIN:

1. Proper first aid treatment is of the utmost importance even in apparently minor injuries. Consult your physician immediately.

2. Avoid strong irritating antiseptics such as iodine.

3. As soon as possible after injury some surgeons recommend the application of sterile gauze saturated in medicated alcohol or hexyl-resorcinol (S.T. 37). Sterile gauze in sealed packets may be purchased at drug stores.

4. Elevate the part as much as possible until recovery has taken place and avoid using the foot.

5. Consult your doctor for any redness, pain, swelling or other evidence of inflammation.

### BEVERAGES:

If you like coffee or tea they may be taken but it is best to use not more than three cups of either per day. Cream served with your meals may be used in the coffee or tea but sugar should be omitted.

### CONDIMENTS:

Pepper, salt, spices, and vinegar may be used as you have always done unless otherwise instructed.

### SPECIAL FOODS:

Foods advertised as special diabetic food-stuffs are unnecessary. The composition of these foods are more or less uncertain. It is much better to use simple foods in the prescribed quantities properly prepared. Regardless of advertisement stating certain special foodstuffs are safe for the person suffering from diabetes, you must remember that all foods are dangerous unless they are taken in prescribed amounts.

It is also important to remember that recipes requiring the use of several foods are to be regarded with suspicion. Do not use any of these unless they have been recommended by the doctor balancing your diet and he has made proper allowance in the diet for them.

### FOOD VALUES:

In order to do extension work on the daily menus which are furnished you it will be necessary for you to have reference to a table of food values. They will not be furnished in this pamphlet as it is expected that you provide yourself with a diabetic manual and in it you will find a table of food values that is adequate for all practical purposes.



## DIET MANUAL

### (Diabetes Mellitus Cont'd)

#### PRACTICAL DATA:

A calorie is a heat unit and it represents the quantity of heat necessary to raise one kilogram of water one degree Centigrade or about one pound of water four degrees Fahrenheit.

1 gram of protein equals 4 calories.

1 gram of carbohydrate equals 4 calories.

1 gram of fat equals 9 calories.

To figure the total sugar content in your diet, remember:

(a) All carbohydrates are 100% sugar.

(b) All protein is 58% sugar.

(c) All fat is 10% sugar.

It is the sugar content of the diet that aids so markedly in the utilization of fat and this is known as the antiketogenic content of your diet.

The fat content is obtained as follows:

(a) Carbohydrate produces no fat.

(b) Protein produces 46% fatty material.

(c) Fat produces 90% fat.

This is known as the ketogenic material of the diet and the proper ratio between the two are not more than 1 AK to 1.5 K. Often it is advisable to reduce this ratio to 1 AK. to 1 K. With the introduction of the relatively high carbohydrate diet this ratio is automatically taken care of..

(a) Maintenance diet is from 30-35 calories per kilo of proper weight, according to occupation, age, complicating diseases, etc.

(b) Protein is given at the rate of 1 gram per each kilo of proper weight of patient as a rule, except in children, when it may be increased to  $2\frac{1}{2}$  times that amount.

(c) The carbohydrate allowance is usually kept between the range of 100 to 200 grams. In computing the number of grams of carbohydrate the number of calories allowed for protein is deducted from the total number of calories. The remaining calories are distributed on the basis of 1 to  $1\frac{1}{2}$  grams of carbohydrate for each gram of fat.

(d) The fat allowance is rarely above 150 grams and usually not above 100 grams.

#### SURGERY:

Many people still think that those suffering from diabetes mellitus should not be submitted to surgery. This is wrong. Such patients may be operated without any unusual risk if they have been properly prepared. Even emergency operations may be performed on you with safety if you follow instructions regarding diet and insulin. It is important to you that you inform any doctor who may be called in that you have diabetes mellitus.

#### MENUS:

After your case has been studied you will be put on a maintenance diet. This means a diet that will properly sustain you at your occupation. When this diet is started you will be given a typewritten copy of each menu. These menus have already been converted into actual weights and measurements. You should save all these menus and insert



## DIET MANUAL

### (Diabetes Mellitus Cont'd)

the ones that appeal to you most on the following pages. They will be very helpful to those preparing your diet after you leave the hospital. Extension and conversion of diets into weights, measurements, and menus, is encouraged and while in hospital you will become proficient if an earnest effort is made. The menus furnished you have been carefully checked and are accurate. They should be preserved and used.

Procure the following and have ready for use when you are discharged from the Hospital:

Insulin. (One month's supply).

Two insulin syringes.

Six rustproof 1/2 inch twenty-four gauge hypodermic needles.

One bottle medicated alcohol.

One-half pound absorbent cotton.

One dietetic scales.

One diabetic manual.

One bottle Benedict's qualitative solution.

Six test tubes.

One test tube holder.

One test tube brush.

One medicine dropper (long).

SELECTED MENUS  
MAINTENANCE DIET

(Paste here only maintenance diet menus.)

MONDAY

TUESDAY

(In the pamphlet there should be pages sufficient to incorporate diet menus for fourteen days.)

# DAILY URINALYSIS:

(Enter date urine is positive for sugar.)

Urine should be examined daily using early morning specimen.

Date .....%

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BI OOD SUGAR.

(Record here the date and finding of each blood sugar determination).

Have blood sugar determination made -

[illegible]

# DIET MANUAL

## APPROXIMATE AMOUNTS OF AVAILABLE CARBOHYDRATES PROTEINS AND FATS IN FOODS

### FRUITS:

<u>GROUP I</u>		<u>C-3.0 P -0.7 F -0.3</u>
Rhubarb, canned	1/2 cup	
Rhubarb, fresh	1 heating cup, diced	
<u>GROUP II</u>		<u>C -6.0 P -0.7 F -0.3</u>
Blackberries, Canned, w.p.	1/2 cup	
Blackberry Juice	1/2 cup, scant	
Gooseberries, canned, w.p.	1/2 cup	
Muskmelon (incl. cantaloupe honeydew & spanish melon)	1/2 cup, diced	
Peaches, Canned, w.p.	2 halves	
Plums, canned, w.p.	3 average	
Strawberries	1/2 cup or 12 med.	
Strawberry Juice	1/2 cup, scant	
Watermelon	1/2 cup or one piece 2 1/2 x 2 1/2	
<u>GROUP III</u>		<u>C -9.0 P -0.7 F -0.3</u>
Applesauce, canned, w.p.	1/2 cup	
A pricots, canned, w.p.	3-4 halves	
Blackberries, fresh	2/3 cup	
Cherries, canned, red w.p.	2/3 cup	
Cherries, white, canned, w.p.	12 cherries	
Currants, fresh	1 scant cup	
Currant Juice	1/2 cup, scant	
Gooseberries	4 tablespoons	
Grapefruit, fresh	1/2 medium	
Grapefruit, canned	1/2 cup	
Grapefruit juice	1/2 cup, scant	
Lemons	1 large (2" diam)	
Lemon Juice	1/2 cup, scant	
Limes	2 each	
Lime Juice	1/2 cup, scant	
Loganberries, canned w.p.	1/2 cup	
Loganberry juice	1/2 cup, scant	
Papayas	1/4 5" diam.	
Pears, canned, w.p.	1 1/2-2 halves	
Raspberries, red, canned, w.p.	1/2 cup	
Raspberry juice	1/2 cup scant	
Tangerines	2-2" in diam.	
<u>GROUP IV</u>		<u>C 12.0 P -0.7 F -0.3</u>
Apple Juice	1/2 cup, scant	
Apricots	3 medium	
Cherries, sour	2/3 cup	
Grapes, canned, w.p.	2/3 cup	
Mulberries	1 scant cup	

# DIET MANUAL

## FRUITS CONT'D

## GROUP IV (CONT'D)

C-12.0 P -0.7 F-0.3

Oranges	1 medium
Orange Juice	$\frac{1}{2}$ cup, scant
Peaches	1 medium
Peach Juice	$\frac{1}{2}$ cup, scant
Pineapple, fresh	$\frac{2}{3}$ cup diced
Pineapple, canned, w.p.	2 slices
Pineapple Juice, fresh and canned	$\frac{1}{2}$ cup, scant
Plums, (excluding prunes)	4 small
Prunes, canned, w.p.	$\frac{1}{2}$ cup 3 each
Raspberries, black and red	$\frac{1}{2}$ cup

## GROUP V

C -15.0 P -0.7 F -0.3

Apples, raw	1 medium
Blueberries, fresh	$\frac{2}{3}$ cup
Blueberries, canned, w.p.	$\frac{1}{2}$ cup
Blueberry Juice	$\frac{1}{2}$ cup, scant
Figs, canned, w.p.	$\frac{1}{3}$ cup (3 med)
Grapes, American and European type	$\frac{1}{2}$ cup
Kumquats	6 medium
Loganberries	1- $\frac{1}{6}$ cups
Mangoes	$\frac{2}{3}$ small
Nectarines	1 medium
Pears	1 small

## GROUP VI

C -18.0 P -0.7 F-0.3

Crabapples	2 - 1 $\frac{1}{2}$ " diam.
Figs	4 each
Grapejuice, unsweetened	$\frac{1}{2}$ cup scant
Persimmons, Japanese	1 large
Pomegranates	$\frac{1}{3}$ 6 $\frac{1}{2}$ " diam.

## GROUP VII

## Miscellaneous

% Composition: (per 100 gms)

Apricots, dried	$\frac{1}{2}$ cup or 16 sm halv	C-62.0	P -4.0	F -1.0
Apricots, " cooked no sugar	$\frac{1}{3}$ cup	24.0	1.0	—
Avocados	$\frac{1}{2}$ small	6.0	2.0	19.0
Bananas	1 medium	22.0	1.0	0.2
Dates, dried	15 sm. no stones	78.0	2.0	3.0
Prunes, dried	6 $\frac{1}{2}$ each	73.0	2.0	—
Raisins, seeded	$\frac{3}{4}$ cup	76.0	3.0	3.0
Persimmons, native	2 small	32.0	1.0	0.4
Plantain or baking banana	1 medium	32.0	1.5	0.4
Prunes, fresh	4 medium	21.0	1.0	0.2



# DIET MANUAL

## VEGETABLES

### GROUP I

C-3.0 P -2.0 F -0.3

Artichokes, canned	$\frac{1}{2}$ small
Asparagus, fresh	8 stalks 4"
Asparagus, canned	5 stalks
Bamboo shoots	$\frac{3}{4}$ cup
Beans, green and wax, canned	$\frac{1}{4}$ cup
Beet greens	$\frac{1}{2}$ cup, cooked
Broccoli	$\frac{1}{2}$ cup, cooked $\frac{2}{3}$ cup raw
Cabbage	$\frac{2}{3}$ cup cooked
Cabbage, Chinese	$\frac{7}{8}$ cup shredded raw
	$\frac{2}{3}$ cup cooked
Cauliflower	1 cup raw, $\frac{2}{3}$ cup cooked
Chard	$\frac{2}{3}$ cup cooked
Chickory	$\frac{2}{3}$ cup
Cucumbers	$1\frac{1}{4}$ heads
Endive	$\frac{1}{2}$ med or 10 med. slices
Fennel	10 stalks
Lettuce	$\frac{2}{3}$ cup
Mungbean sprouts	$\frac{4}{5}$ cup
Mustard greens	1 cup
Okra, canned	$\frac{1}{2}$ cup
Pickles, sour or dill	$\frac{1}{2}$ cup sliced
Radishes	12 med
Romaine	10 leaves
Sorrel	2 cups
Spinach, fresh	2 cups
Spinach, canned, w.p.	$\frac{1}{2}$ cup
Sauerkraut, fresh	$\frac{2}{3}$ cup
Sauerkraut, canned	$\frac{1}{2}$ cup
Squash, summer	$\frac{1}{2}$ cup
Tomatoes, fresh	1-2 $\frac{1}{2}$ "
Tomatoes, canned	$\frac{3}{8}$ cup
Tomato Juice, fresh & Canned	$\frac{1}{2}$ cup, scant
Turnip Tops, fresh	1 cup
Turnip Tops, canned	$\frac{1}{2}$ cup
Vegetable Marrow	$\frac{2}{3}$ cup
Watercress	$2\frac{1}{2}$ cups

### GROUP II

C -6.0 P -2.0 F -0.3

Beans, snap	1 cup
Neets, canned	$\frac{1}{2}$ cup
Celery Root or celeriac	1 medium
Chives	$\frac{7}{8}$ cup
Collards	$\frac{1}{2}$ cup
Dandelion greens	1 cup
Eggplant	$\frac{1}{2}$ cup cooked
Kale	$\frac{1}{2}$ cup
Kohlrabi	$\frac{1}{3}$ cup
Cornsalad	2 cups
Leeks	$\frac{3}{4}$ cup cooked
Okra, raw	14-2 $\frac{1}{2}$ " pods, raw

# DIET MANUAL

## VEGETABLES CONT'D

Peppers, green  
Peppers, red  
Pumpkin  
Pumpkin and squash, canned  
Squash (cymplings)  
Squash, Winter  
Tomato Puree, canned  
Turnips

## GROUP II CONT'D C-6.0 P -2.0 F -0.3

1 medium  
 $\frac{1}{2}$  cup  
 $\frac{2}{3}$  cup  
 $\frac{1}{2}$  cup  
 $\frac{4}{5}$  cup  
 $\frac{4}{5}$  cup  
 $\frac{1}{2}$  cup, scant  
 $\frac{5}{8}$  cup

## GROUP III

C -9.0 P -2.5 F -0.3

Artichokes, Globe or French  
Asparagus-beans, pods  
Beets, cooked  
Carrots, cooked  
Carrots, raw  
Cranberries  
Onions  
Peas, canned  
Rutabagas

$\frac{1}{2}$  small  
1 cup  
 $\frac{1}{2}$  cup, raw  $\frac{3}{4}$  cup  
 $\frac{2}{3}$  cup  
 $\frac{5}{8}$  cup  
 $\frac{7}{8}$  cup raw  
3 med, cooked; 4 sm. raw  
 $\frac{1}{2}$  cup drained  
 $\frac{3}{4}$  cup

## GROUP IV

C -12.0 P -0. F -0

None

## GROUP V

C -15.0 P -2.5 F -0.3

Artichokes, Jerusalem  
Parsnips  
Salsify

1 large cooked  
 $\frac{3}{4}$  cup sliced or one lg  
 $\frac{5}{8}$  cup cooked

## GROUP VI

C -18.0 P -2.5 F -0.3

Corn, canned

$\frac{1}{3}$  cup cream  $\frac{1}{2}$  cup  
niblets

Potatoes  
Succotash

$\frac{1}{2}$  cup or 1 medium  
 $\frac{1}{3}$  cup

## GROUP VII

### MISCELLANEOUS

% Composition (per 100 grams)

Black-eyed peas, greenshell  
Beans, Baked  
Beans, Lima Dry, cooked  
Beans, Lima Dry  
Beans, Lima Canned  
Beans, Lima green shelled  
Beans, navy, cooked  
Beans, navy, dried  
Beans, red kidney, canned  
Brussel Sprouts

$\frac{2}{3}$  cup  
 $\frac{2}{5}$  cup  
 $\frac{1}{2}$  cup  
 $\frac{2}{3}$  cup  
 $\frac{1}{2}$  cup  
 $\frac{2}{3}$  cup  
 $\frac{1}{2}$  cup  
 $\frac{2}{3}$  cup  
 $\frac{2}{5}$  cup  
1 cup

C -21.0 P -9.5 F -0.6  
17.0 7.0 2.5  
19.0 6.0 0.0  
66. 18.0 0.0  
13.0 4.0 0.3  
22.0 7.5 0.8  
17.0 7.0 3.0  
57.0 22.0 1.0  
17.0 7.0 0.2  
8.0 4.5 0.5

# DIET MANUAL

## VEGETABLES (Cont'd)

## GROUP VII Cont'd

## % Composition (per 100 grams)

Corn sweet, very young	$\frac{1}{2}$ cup	C-15.0	P-3.0	F-0.8
Corn, sweet, medium	1 ear 8"	21.0	3.5	1.1
Corn, sweet, old	$\frac{1}{2}$ cup	26.0	4.5	1.8
Corn popped, (no butter)	7 cups	78.7	10.7	5.0
Mushrooms and truffles	—	—	—	—
Parsley	1 bu. 5" di	7.0	4.0	1.0
Peas, green shelled very young	$\frac{1}{2}$ cup	10.0	5.5	0.3
Peas, green shelled, med	$\frac{1}{2}$ cup	14.0	6.5	0.4
Peas, green old, shelled	$\frac{2}{3}$ cup	23.0	8.0	0.4
Potato Chips	6 heaping tbsp.	47.0	6.0	37.0
Soy beans	1- $\frac{2}{3}$ cups	6.0	13.5	6.3
Sweet potatoes fresh	$\frac{1}{2}$ large	27.0	2.0	0.7
Sweet potatoes, canned	5 tbsp 3 small	27.0	2.0	0.7
Tomato catsup	5 tbsp	24.0	2.0	1.0

## FOOD VALUE OF MEATS AND POULTRY, COOKED PER 100 GRAMS (Meat deprived of all visible fat except bacon)

ITEM OF FOOD	CHO	PROT	FAT	HOUSEHOLD MEASUREMENTS
Bacon, crisp, breakfast				
broiled	0	35.8	45.6	2 strips 7" long
Beef, boiled	0	31.1	8.4	Approx. 1/4 lb.
Beef, roast, prime ribs	0	26.9	5.4	Approx. 1/4 lb.
Beef, round of, boiled	0	28.0	3.1	Approx. 1/4 lb.
Beef, steak, round, broiled	0	29.8	3.1	Approx. 1/4 lb.
Beef, steak, sirloin, broiled	0	27.4	6.0	Approx. 1/4 lb.
Beef, steak, tenderloin, broiled				
well done	0	28.5	9.1	Approx. 1/4 lb.
Beef, steak, tenderloin, broiled				
rare	0	23.9	12.6	Approx. 1/4 lb.
Beef, sweetbreads, boiled	0	22.2	8.6	Approx. 1/4 lb.
Beef, kidney, cooked	0	17.0	6.0	
Beef, liver, cooked	2	20.0	6.0	3 sl. 2x1x1/4"
Chicken, broiled, light meat	0	31.8	1.1	Approx. 1/4 lb.
Chicken, roasted, dark meat	0	30.0	4.5	Approx. 1/4 lb.
Chicken, roasted, light meat	0	30.2	0.9	Approx. 1/4 lb.
Duck, roasted	0	31.6	4.7	Approx. 1/4 lb.
Ham, baked or boiled	0	26.4	4.9	Approx. 1/4 lb.
Ham, broiled	0	28.7	4.3	Approx. 1/4 lb.
Lamb chops, broiled	0	27.6	7.4	Approx. 1/4 lb.
Lamb, leg, roast	0	29.1	5.4	Approx. 1/4 lb.
Pork chop, broiled	0	28.6	7.2	Approx. 1/4 lb.
Pork, roast leg of	0	33.4	4.5	Approx. 1/4 lb.
Pork, roast loin of	0	31.0	6.8	Approx. 1/4 lb.
Tongue, cold, anterior, boiled	0	21.8	15.3	Approx. 1/2 lb.
Tongue, cold, posterior, "	0	21.0	25.5	Approx. 1/2 lb.
Turkey, roasted, dark meat	0	27.9	7.3	Approx. 1/4 lb.
Turkey, roasted, light meat	0	33.4	2.2	Approx. 1/4 lb.
Veal cutlet, broiled	0	28.4	3.4	Approx. 1/4 lb.
Veal, roast leg of	0	33.3	4.1	Approx. 1/4 lb.
Veal liver, fried	0	24.0	8.5	Approx. 1/4 lb.



# DIET MANUAL

## FOOD VALUE OF FISH, PER 100 GRAMS

	CHO	PROT	FAT	HOUSEHOLD MEASUREMENT
Bluefish, broiled	0	19.4	1.2	1 pc., 3"x2 $\frac{1}{2}$ "x1
Mackerel, broiled	0	18.7	7.1	1 pc., 3 $\frac{1}{2}$ "x2 $\frac{1}{2}$ "x1
Salmon, freshly boiled	0	25.7	1.2	Approx. 1/4 lb.
Shad, broiled	0	18.8	9.5	1 pc., 3 $\frac{1}{2}$ "x2 $\frac{1}{2}$ "x1
Trout, steamed	0	22.3	3.4	1 pc., 3x2x1

## BREAD AND CEREALS:

All Bran	70	13	3	10 TB
Cornflakes	86	8	0	3 $\frac{1}{2}$ cups
Cornflakes #15 gms	12	1	0	$\frac{1}{4}$ cup
Cornmeal, cooked	13	2	0	$\frac{1}{2}$ cup
Cornmeal, dry	76	10	3	13 TB
Cream of wheat, cooked	13	2	0	$\frac{1}{2}$ cup
Cream of wheat, dry	75	11	0	13 TB
Bread, white	52	10	1	3-1/3 slices
Bread, white *30 GMS	16	3	0	1 average slice
Bread, whole wheat	49	10	1	3-1/3 slices
Bread, whole wheat *30 GMS	15	3	0	1 average slice
Bread, Graham	51	10	2	3-1/3 slices
Bread, Graham *30 GMS	15	3	1	1 average slice
Bread, Rye	53	9	0	3-1/3 slices
Bread, Rye *30 GMS	16	3	0	1 average slice
Rye Krisp #1 piece ( 6 gms	4	1	0	1 piece
Crackers, Soda	73	10	10	3/4 cup Crumbs-36 each
Crackers, Graham	74	11	10	13 crackers, 3" sq.
Crackers, Oyster	68	10	10	100 crackers
Hominy, Cooked	18	2	0	2/3 cup, cooked
Hominy, Uncooked	79	9	0	10 TB
Macaroni, Boiled	16	3	2	3/4 cup
Macaroni, Dry	74	14	0	1-1/4 cup
Noodles, boiled	16	2	2	3/4 cup
Rice, White, Dry	79	8	0	10 TB
Rice, White, Cooked	22	2	0	$\frac{1}{2}$ cup
Oatmeal, Rolled, Dry	67	16	7	1-2/3 cup
Oatmeal, Cooked	11	3	1	2/3 cup
Spaghetti, Dry	76	12	0	3/4 cup
Spaghetti, Cooked	17	3	0	$\frac{1}{2}$ cup
Rice, Puffed	83	8	0	5 cups approx.
Rice, Puffed *15 GMS	12	1	0	3/4 cup
Wheat, puffed	71	15	2	3 $\frac{1}{2}$ cups approx.
Wheat, puffed, *15 GMS	11	2	0	5 Heaping TB
Wheatena, Dry	75	10	5	10 TB
Wheat, Shredded	75	12	2	3 $\frac{1}{2}$ Biscuits

# DIET MANUAL

DAIRY PRODUCTS	CHO	PROT	FAT	HOUSEHOLD MEASUREMENTS
Eggs, Whole	0	13	11	2 Eggs
Eggs, White	0	12	0	4 Egg whites approx.
Egg White *(24 GMS)	0	3	0	1 egg white
Egg Yolk	0	18	33	6 egg yolks approx.
Egg Yolk *(16 GMS)	0	3	5	1 egg yolk
Butter	0	1	85	7 TB
Buttermilk	5	3	1	$\frac{1}{2}$ cup
Cheese, American	0	29	36	3 cubes, $1\frac{1}{2}$ " sq.
Cheese, Camembert	0	21	22	3- $\frac{1}{3}$ oz.
Cheese, Cottage	4	21	1	$\frac{2}{3}$ cup
Cheese, Cream	2	19	33	6 TB
Cheese, Roquefort	2	23	30	5 Triangles
Cheese, Swiss	1	27	35	6 medium slices
Milk, Whole	5	3	4	$\frac{1}{2}$ cup, scant
Milk, Skimmed	5	3	0	$\frac{1}{2}$ cup
Milk, Condensed Sweetened	54	8	9	6- $\frac{2}{3}$ TB
Milk, Condensed, Unsweetened	11	10	9	6- $\frac{2}{3}$ TB
Milk, Malted. Dry	72	14	7	$3\frac{1}{2}$ TB
Cream, 20%	4	3	20	$\frac{1}{2}$ cup
Cream, 40%	3	2	40	$\frac{1}{2}$ cup
Cream, sour, 30%	1	3	28	$\frac{1}{2}$ cup

## FATS:

Lard	0	0	100	7 TB
Mayonnaise	2	1	75	7 TB
Salad Oil	0	0	100	$\frac{1}{2}$ cup
French dressing	0	0	70	7 TB
Cod Liver Oil	0	0	100	7 TB approx.

## NUTS:

Almonds	17	21	55	$\frac{3}{4}$ cup (100 nuts)
Brazil Nuts	6	16	68	$\frac{3}{4}$ cup
Chestnuts	37	6	5	$\frac{3}{4}$ cup
Cocoanut, Dried	30	6	55	$1\frac{1}{2}$ cup
Filberts	12	17	67	$\frac{3}{4}$ cup
Peanuts	24	25	40	$\frac{3}{4}$ cup
Pecans	14	10	71	$\frac{7}{8}$ cup
Walnuts, English	13	18	64	1- $\frac{1}{6}$ cups

## MISCELLANEOUS:

Chili Sauce	2.5	.8	-	
Catsup	24	2	1	$\frac{1}{2}$ cup, scant
Cocoa, Dry	38	22	30	$\frac{5}{6}$ cup
Chocolate	30	13	47	3- $\frac{1}{3}$ squares
Gelatin	0	100	0	16 TB
Honey	81	0	0	$\frac{1}{3}$ cup
Olives, green	9	1	20	10 large
Olives, Ripe	4	1	21	10 large

# DIET MANUAL

MISCELLANEOUS CONT'D	CHO	PROT	FAT	HOUSEHOLD MEASUREMENTS
Peanut Butter	17	29	47	7 TB
Yeast	21	12	0	8 cakes approx.
Yeast *12 GMS	3	1	0	1 cake
Zweiback	74	10	10	10 Pieces approx.
Zweiback *10 Gms	7	1	1	1 piece
Cornstarch, Dry	90	0	0	10 TB
Cucumber Pickles, Sour	3	1	0	1 4x1 $\frac{1}{2}$ x $\frac{1}{4}$
D-Zerta *1 Serv	0	2	0	1 serv.
Dextri-Maltose	92	0	0	10 TB
Flour, White	75	11	1	14 TB
Flour, Whole wheat	71	13	1	10 TB
Jelly	77	1	0	5 TSP
Maple Syrup	70	0	0	6 TSP
Molasses	69	2	0	6 TSP
Tapioca, Dry	88	0	0	-

## SEXTON FIGURES FOR DIABETIC CANNED FRUITS

### 100 GRAM PORTIONS:

Crushed Pineapple	14.9	.6	.1
Sliced Pineapple	14.6	.4	.1
Red Raspberries	10.1	.7	.1
Peaches	9.3	.5	.1
Royal Anne Cherries	14.8	1.0	.1
Apricots	11.1	.6	.4
Pears	11.7	.2	.1



## DIET MANUAL

### CHAPTER XXXV

#### ANTICONSTIPATION DIET FOR

##### IRRITABLE COLON

Your condition requires a special diet. Effort will be made to furnish a well balanced diet in adequate amount to insure proper nutrition, however, certain foods must be avoided. In acute stages or when symptoms are severe omit:

- (1) Chicken, fish and meat
- (2) Cream cheese
- (3) Apple sauce
- (4) Plain cakes
- (5) Potatoes
- (6) Rice, spaghetti, and noodles

As soon as symptoms subside sufficiently, these items should again be added to the diet. Avoid raw vegetables and fruits at all times. Highly seasoned foods should never be taken, a moderate amount of salt may be used. Foods that contain a large amount of roughage are irritating. Foods containing considerable cellulose will be well tolerated, if properly cooked and mured. By this process, most of the irritating particles are eliminated. Avoid all fried foods, vinegar and highly seasoned foods.

When symptoms are acute or severe, your physician will determine from day to day, and prescribe your dietary needs. When this is no longer required, select your foods by the following guide:

Foods:	May Have:	Avoid:
Beverages	Buttermilk Cocoa Coffee Chocolate Milk Orange juice Postum	All others
Breads	Crusts of hot biscuits Toasted white bread White bread	Graham Muffins Rice Whole wheat Any containing bran
Butter and Olive Oil	Moderate amount of either is permitted	

# DIET MANUAL

## (Anticonstipation Diet for Irritable Colon Cont'd)

Foods	May Have:	Avoid:
Cereals	Cream of wheat Farina Food of Wheat Rolled oats Sieved oatmeal	Any cereals contain- ing large amount of bran Shredded wheat biscuits
Cheese	Fresh creamed cottage cheese	All others
Desserts	Custards Ice cream Jello Plain cake Simple puddings Stewed fruits (sieved) Sugar is permitted but do not use too much. Stewed berries may be used by thickening the juice with cornstarch.	Candies Cheese Jams Jellies Nuts Raw fruits Raisins Sugar in concentrat- ed form.
Eggs	Coddled or poached Soft boiled Scrambled in moderate quantities	
Fruits	Stewed fruits that have been sieved	Bananas Canteloupe Melons
Meats	Moderate servings of chicken " " " fish " " " oysters " " " squab If cooked simply	Canned fish Fibrous particles of all meats Pork and highly seasoned meats and dressings. Smoked fish
Nuts		Avoid all
Salads		Avoid All
Soups	Bouillon Broths Chowder Cream Soups	Those containing large particles of coarse vegetables and fibrous particles of meat

## DIET MANUAL

### (Anticonstipation Diet for Irritable Colon Cont'd)

#### Foods:

#### May Have:

#### Avoid:

#### Vegetables

Artichoke hearts  
Beans  
Hominy  
Italian pastes  
Lentils  
Lima beans  
Macaroni  
Noodles  
Potatoes  
Rice  
Spaghetti  
Sweet potatoes  
Tender asparagus tips

Older string beans  
Spinach

In making your menu, the following will serve as a general guide as to articles served, and the amount that should be eaten at each meal:

#### Breakfast

#### Dinner

#### Supper

Orange juice, 1 glass  
Food of wheat, 1 serv.  
Coddled eggs - 2  
Bacon - 2 slices  
Toasted white bread-1  
Butter as desired  
Coffee, 1 cup

Cream of pea soup, 1 cup  
Roast Beef, 1. serving  
Asparagus tips, 1 serv.  
White bread, 1 slice  
Jello-1 serving  
Milk - 1 glass  
Butter as desired  
Tea or coffee, 1 cup

Scrambled beef balls-2  
Broiled rice, 1 serv.  
Sieved peas, 1 serv.  
White bread, 1 slice  
Ice Cream - 1 serv.  
Milk - 1 glass  
Butter - as desired  
Tea or coffee - 1 cup

#### SPECIAL INSTRUCTIONS:

Omit \_\_\_\_\_

Medication \_\_\_\_\_



# DIET MANUAL

## CHAPTER XXXVI

### ANTICONSTIPATION HIGH FAT, LOW RESIDUE DIET

(Instructions for .....)

Your condition requires a special diet as an essential part of your treatment. It is necessary that the amount of indigestible residue be kept to the minimum, in order to prevent unnecessary irritation of the colon. In this diet, there is a marked increase of fats, which will enable you to gain some weight. The extra fat may be easily supplied by the free use of butter and cream, cream soups and oil dressings with the meals. When the symptoms are severe, or the condition acute, your physician will supervise your dietary needs from day to day. Afterwards, the following general guide should be followed.

Foods:	May have:	Avoid:
Beverages	Buttermilk Cocoa Coffee Chocolate Milk Orange juice Postum	All others
Breads	Crusts of hot biscuits Toasted white bread White bread	Graham Muffins Rice Whole Wheat Any containing bran
Butter and Olive Oil	Use freely	
Cereals	Farina Food of Wheat Oatmeal Rolled oats	Bran Flakes Shredded Wheat Biscuits Any containing a large amount of bran
Cheese	Fresh creamed cottage cheese	All others
Desserts	Custards Ice cream Jello Plain cake Simple puddings Stewed fruits ( sieved) Sugar is permitted but do not use too much. Stewed berries may be used by thickening the juice with cornstarch.	Candies Cheese Jams Jellies Nuts Raw Fruits Raisins Sugar in concentrated form.

# DIET MANUAL

(Anticonstipation, High Fat, Low Residue Diet Cont'd)

Foods	May Have:	Avoid:
Eggs	Coddled Poached Soft boiled Scrambled in moderate quantities	
Fruits	Stewed fruits (sieved)	Bananas Cantaloupe Melons
Meats	Moderate servings of : Chicken Fish Oyster Squab	Fibrous particles of all meats, all smoked fish, canned fish and pork.
Nuts		Avoid all
Salads		Avoid all
Soups	Chowder Cream soups	All those containing large particles of coarse vegetables and fibrous particles of meats
Vegetables	Artichoke hearts Beans Hominy Italian pastes Lentils Lima beans Macaroni Noodles Potatoes Rice Spaghetti Sweet potatoes Tender asparagus tips	Older string beans Spinach

## SAMPLE MENUS

Coddled eggs, 2	Cream of pea soup, 1 serv.	Cream of celery soup, 1
Orange juice, 1 gl.	Roast beef, 1 serving	Scraped beef balls, 2
Food of wheat, 1 svg.	Baked potato, 1 serving	Boiled rice, 1 serving
Bacon, 2 slices	Asparagus tips, 1 "	Sieved peas, 1 serving
White toast, 1 slice	White bread, 1 slice	White bread, 1 slice
Butter, use freely	Jello, 1 serving	Ice cream, 1 serving
Cream, table, 30 cc	Milk, 1 glass	Butter, use freely
Coffee, 1 cup	Cream, 30 cc	Milk, 1 glass
	Butter, use freely	Cream, 30 cc
	Tea or coffee, 1 cup	Tea or coffee, 1 cup

DIET MANUAL

(Antic constipation, High Fat, Low Residue Diet Cont'd)

SPECIAL INSTRUCTIONS

(1) Weigh yourself twice weekly and keep a record of weights.

(2) Omit .....

.....

.....

(3) Medication .....

.....

.....

.....





D I E T M A N U A L

PART IV

T E S T D I E T S

And Preparation of Patients

For Tests





DIET MANUAL  
CHAPTER XXXVII  
TEST DIETS

Following are a few of the commonly used test diets:

EWALD TEST MEAL

Water or tea  $1\frac{1}{2}$  glasses  
Toast 60 grams (2 slices)

If desired may substitute 160 grams Farina or scived oatmeal for the toast.

GASTRIC FRACTIONAL ANALYSIS WITH OATMEAL

1. To one quart of water add two teaspoonfuls oatmeal
2. Boil down to one pint and salt to taste.
3. Strain through a cloth.
4. Patient takes this with gastric fractional tube in the stomach after fasting overnight and fasting contents have been extracted. Be sure stomach is empty before giving oatmeal.

GALACTOSE TOLERANCE TEST

Fast overnight  
Galactose 40 grams  
Water 500 cc  
Lemon juice to taste

Take the above at 7:00 AM. and collect urine hourly for five hours during which time water may be taken freely. Do not take any food. Mix all urine and test with Benedict's Quantitative Solution and calculate total amount of sugar excreted.

Interpretation: Normally the liver will utilize 37 to 40 grams of galactose during the 5 hour period. Therefore, if more than 3 grams of sugar is found in the urine, pathology of the liver is present. This is a good test to differentiate toxic or infectious jaundice from obstructive or hemolytic jaundice.

SUGAR TOLERANCE TEST

Glucose, 1 gram per kilo of body weight  
Orange juice 200 cc

Omit breakfast and give the above and take blood and urine specimens as outlined in the test.

## DIET MANUAL

(Test Diets Cont'd)

### MENU FOR USE IN CHOLECYSTOGRAPHY

#### SUPPER

(Evening Before Dye is Taken)

Baked potato  
Toast without butter  
Pureed fruit  
Tea

Do not permit any food with this meal that contains fat.

Breakfast  
None

#### Dinner

Beef broth, enriched with butter  
Bread  
Butter, 2 patties  
Bacon, 3 slices  
 $\frac{1}{2}$  glass cream

D I E T M A N U A L

PART V

M E N U S

and

M E N U C O N S T R U C T I O N





## DIET MANUAL

### CHAPTER XXXVIII

#### MENUS AND MENU CONSTRUCTION

(Sample menus for liquid, light, regular and special diets)

In the operation of a mess with a fixed allowance, care must be exercised in all departments if satisfactory meals are served. It is not my purpose to describe here the proper economical operation of a satisfactory mess. A good purchase system, properly supervised, adequate storage, and carefully supervised issues are primary steps of great importance. To this should be added another extremely important step that is often lacking. It is the proper organization of the kitchen personnel, into competent groups necessary to man the various messes in operation. The mere organization is not enough. Somebody must see that there is efficient operation of these groups. Someone must see that food is not wasted. It is realized that some waste is inevitable in all kitchens but it can be kept to a minimum. Someone must plan suitable, well balanced diets. This someone can be none other than the person in charge of the mess. Food having been purchased, stored and issued properly is only the beginning. It now becomes a real duty to effect economy in the various departments of the mess and see that the food is properly prepared. In a hospital of this kind there are several messes all operated under one head and in the same building.

Some of these messes require more elaborate menus because the allowances for food differs. Besides this, there are many types of diets to be prepared for patients throughout the hospital. It is important in planning menus to so plan them that some of the liquid, light, soft, and special diets can be prepared from the same foods used in the regular or full diets. Diets must be planned so that food not used in one mess can be readily utilized in another. Only the best or choice foods should be purchased, for it is the most economical in the long run.

Below is a table indicating how various articles of the diet should be combined to form the menu. It must be remembered that even if all the food purchased is the best it can be spoiled by using poor combinations of items. It is for this reason that the following outline is provided. Following this outline will be found many menus. Many of these have been constructed and the critical might believe too many are listed. The purpose of constructing them at all is to furnish to those with less experience in this field a working basis. Many hospitals begin with partially trained personnel and this is especially true of the mess Sergeants and Mess Officers. To these, extensive listing of menus should be most welcome. Special attention is called to liquid, light and regular diets for patients on both enlisted and officer status. The date is quoted on these to show how one diet dovetails into the other and will be of great value to the Mess Officer. This prevents extra purchases and is a great saving financially. The group of therapeutic diets is believed to be sufficiently large to handle the most common cases. These too, will be of most value in new or smaller hospitals where the personnel is being trained or possibly where the hospital is too small to justify dietitians. In such places,

## DIET MANUAL

it is just as important the patient receive the proper diet as it is in the larger institutions. Any good cook can prepare the food if he has the menus. It is, therefore, felt that the space devoted to carefully planned house and therapeutic diets will be valuable to Mess Sergeants and Mess Officers, especially those with limited training in this field.

By following this outline and method of preparing menus assurance can be given that our patients will have served to them the proper diet and the meals will be distinctly better at a lower cost.



SOUP	MAIN DISH	STARCHY FOOD	WATERY VEGETABLE SALAD	DESSERT
Bean	Beef boiled	Sweet potatoes	String beans	Cake
Split pea	Beef roast	Irish potatoes	Cabbage	Pineapple pie
Vegetable	Beef loaf	Hominy	Greens	Pumpkin pie
	Sirloin steak	Rice	Spinach	Raisin pie
	Porterhouse steak	Lima beans	Onions	
	Hamburger steak			
	Swiss steak			
	Round steak			
Green pea	Roast chicken	Creamed potatoes	Brussel sprouts	Sliced fruit
Cream tomato	Fried chicken	Mashed potatoes	Asparagus	Ice Cream
Chicken rice	Fried chicken	Baked potatoes	Buttered beets	Cake
Clam broth	Chicken fricassee	Rice	Broccoli	Pie
Strained vegetable	Chicken pie	Grits	Peas	
	Chicken salad	Mushrooms	Cauliflower	
	Turkey	Sweet potatoes	Green corn	
			Diced carrots	
			String beans	
			Squash	
Consomme	Duck roasted	Riced potatoes	Creamed onions	Sliced fruit
Oyster		Candied sweet potatoes	Buttered beets	Ice cream
Lentil		Boiled rice	Spinach	Cake
		Wild rice	Green peas	Pie
			String beans	
			Buttered carrots	
Creamed celery	Fish, fried	Baked potato	Green peas	Lemon pie
Celery	Fish, baked	Browned sweet potato	Broccoli	Rhubarb pie
Split pea	Fish, boiled	Stewed lima beans	Boiled spinach	Apple pie
Fish chowder			Green corn	Mince pie

SOUP	MAIN DISH	STARCHY FOOD	WATERY VEGETABLE	SALAD	DESSERT
Vegetable	Lamb roast	Pan roasted potatoes	Artichokes	Tomato	Apple dumplings
Tomato	Lamb chops	Parsley potatoes	Green peas	Grapefruit and orange	Plum pudding
Split pea	Lamb stew	Boiled rice	Asparagus	Sliced pineapple	Bread "
Bean		Hashed brown potatoes	Stewed tomatoes	Grated carrots	Ice cream
		Macaroni au gratin	Buttered beets	with raisins	Lemon pie
		Hominy			
		Dumplings			
Consomme	Pork roast	Candied sweet potatoes	Baked squash	Cole slaw	Plain cake
Tomato bouillon	Pork chops	Hominy	Buttered turnips	Fruit	Fruit tapioca
Chicken "	Ham	Grits	Spinach	Lettuce hearts	Sliced fruit
Clam broth	Spare ribs	Fried corn meal mush	Chard	Sliced tomato	
		Mashed potatoes	Cabbage	Waldorf	
			Sauerkraut		
			Brussels sprouts		
			Buttered beets		
Vegetable	Roast veal	Mashed potatoes	String beans	Combination	Vanilla ice cream
Tomato	Veal cutlets	Hashed brown "	Egg plant	Lettuce with	Spanish cream
	Veal chops	Baked potato	Brussels sprouts	French dressing	Sliced fruit
	Veal loaf		Asparagus	Perfection	Chocolate pudding with cream
	Veal stew		Summer squash	Pickled beets	Tapioca pudding
			Buttered beets		
			Green peas		
Creamed pea	Baked beans	Baked potatoes	Cauliflower au gratin	Lettuce	Apple cobbler
Creamed celery	and	Hashed brown "	Spinach	Potato	Berry pie
Potato	Bacon	Boiled potatoes	Broccoli	Cole slaw	Gingerbread
Vegetable		French fried "	Sliced tomatoes	Combination	Tapioca pudding
Pepper pot					Fresh fruit

## DIET MANUAL

The following tables will be helpful as a ready reference that will be helpful in the construction of menus.

### CARBOHYDRATE CONTENT OF FRUITS AND VEGETABLES (Circular No 549, Agricultural Department)

#### Group 1 (3 percent carbohydrate)

Asparagus, fresh	Mustard greens, fresh
Asparagus, canned, including sieved	Orach, garden, fresh
Asparagus-bean sprouts, fresh	Orach, Peruvian, fresh
Bamboo shoots, fresh	Pokeberry or poke shoots, fresh
Basella, fresh	Purslane, fresh
Beans, green and wax, canned, including sieved.	Quinoa, fresh
Bean sprouts (from mung beans), fresh	Radishes, fresh
Beet greens, fresh	Rhubarb, fresh
Broccoli, fresh	Rhubarb, canned, w.p.
Cabbage, fresh	Rutabaga tops, fresh
Cabbage, Chinese, fresh	Sauerkraut, fresh
Cauliflower, fresh	Sauerkraut, canned
Cauliflower, canned	Seakale, fresh
Celery, fresh	Sorrel, fresh
Celery, canned, sieved	Spinach, fresh
Chard, fresh	Spinach, canned, including sieved
Chayote, leaves, fresh	Spinach, New Zealand, fresh
Chicory, leaves, fresh	Spinach
Cornsalad, fresh	Squash, summer, fresh
Cress, garden, fresh	Taro shoots, fresh
Cucumbers, fresh	Tomatoes, fresh
Dock, fresh	Tomatoes, canned
Endive, fresh	Tomato juice, canned
Escarole, fresh	Turnip tops, fresh
Fennel, fresh	Udo shoots, fresh
"French endive", fresh	Vegetable marrow, fresh
Lettuce, fresh	Vinespinach, fresh
	Water cress, fresh

#### Group 2 (6 percent carbohydrate)

Amaranth, fresh	Dandelion greens, fresh
Anserine, fresh	Dasheen, leaves and stems, fresh
Beans, hyacinth-bean, pods, fresh	Eggplant, fresh
Beans, scarlet runner, green pods	Gooseberries, canned, w.p.
Beans, snap, green and wax, fresh	Jew's mallow, fresh
Blackberries, canned, w.p.	Kale, fresh
Borage, fresh	Kohlrabi, fresh
Cantaloup	Lambsquarters, fresh
Carrots, canned, including sieved	Leeks, fresh
Celery root or celeriac, fresh	Melons, honeydew, casaba and
Chayote, fruit, fresh	Spanish, fresh
Chives, fresh	Muskmelons, fresh
Collards, fresh	Nettle, fresh



## DIET MANUAL

### (Carbohydrate Content of Fruits and Vegetables Cont'd)

#### Group 2 (6 percent carbohydrate) cont'd.

Okra, fresh	Soybeans, green shelled, fresh
Onions, Welsh, fresh	Soybean sprouts, fresh
Palmetto or palmetto cabbage, fresh	Squash, cushaw, fresh
Parsley, fresh	Squash, winter, fresh
Peaches, canned, w.p.	Strawberries, fresh
Peppers, green and red, fresh	Strawberries, canned, w.p. and j.p.
Pimientos, canned	Strawberry juice, fresh
Plums, excluding prunes, canned w.p.	Sweetpotato tops, fresh
Pumpkin, fresh	Taro, leaves and stems, fresh
Pumpkin and squash, canned	Turnips, fresh
Salad-rocket, fresh	Watermelon, fresh

#### Group 3 (9 percent carbohydrate)

Applesauce, canned, unsweetened	Lemon juice, canned
Apricots, canned, w.p.	Limes, fresh
Artichokes, globe or French, fresh	Limes, sweet, fresh
Asparagus-beans, pods, fresh	Lime juice, fresh
Beets, fresh	Loganberries, canned, w.p.
Beets, canned, including sieved	Loganberry juice, fresh
Blackberries, fresh	Mamoy, fresh
Blackberries, canned, j.p.	Mammee apple, fresh
Blackberry juice, fresh	Onions, fresh
Blueberries, canned, w.p. and j.p.	Oranges, mandarin type, fresh
Brussels sprouts, fresh	Orange juice, mandarin type fresh
Cape-gooseberry, fresh	Papayas, fresh
Carrots, fresh	Parsley, Hamburg, fresh
Cherries, red and white, canned, w.p.	Peaches, canned, j.p.
Chervil, fresh	Pears, canned, w.p.
Cranberries, fresh	Peas, fresh (very young)
Currants, fresh	Peas, canned, including sieved
Currant juice, fresh	Peas, sugar peas, green pods, fresh
Gingerroot, fresh	Poha, fresh
Gooseberries, fresh	Pricklypear, fresh
Grapefruit, fresh	Prunes, canned w.p.
Grapefruit, canned, w.p. and j.p.	Quince juice, fresh
Grapefruit juice, fresh	Raspberries, canned, w.p.
Groundcherry, fresh	Rutabagas, fresh
Lemons, fresh	Tangerines, fresh
Lemon juice, fresh	Tangerine juice, fresh

#### Group 4 (12 percent carbohydrate)

Apple juice, fresh	Feijoa, fresh
Applesauce, canned, j.p.	Figs, canned, w.p.
Apricots, fresh	Grapefruit juice, canned, unsweetened
Apricots, canned, j.p.	Grapes, canned, w.p.
Apricots, canned, sieved, unsweetened	Guavas, fresh
Beans, lima, green, canned	Kumquats, fresh
Cherries, sour, fresh	Lambsquarters, Algerian, fresh
Cherries, red and white, canned j.p.	Loganberries, fresh
Crab apple juice, fresh	Loganberries, canned, j.p.

# DIET MANUAL

## Group 4 (12 percent carbohydrate) Continued

Loquats, fresh	Pineapple juice, fresh
Mulberries, fresh	Pineapple juice, canned
Oranges, fresh	Pitanga, fresh
Oranges, Seville or sour, fresh	Plums, excluding prunes, fresh
Orange juice, fresh	Quinces, fresh
Orange juice, canned	Raspberries, fresh
Peaches, fresh	Raspberries, canned, j.p.
Peaches, canned, sieved, unsweetened	Raspberry juice, fresh
Peach juice, fresh	Rose apple, fresh
Pears, canned, j.p.	Soybeans, dry seeds
Pineapple, fresh	Surinam-cherry or pitanga, fresh
Pineapple, canned w.p.	

## Group 5 (15 percent carbohydrate)

Apples, fresh	Mangos, fresh
Beans, broadbeans, green shelled	Noctarinos, fresh
Beans, red kidney, canned	Oca, fresh
Black-salsify, fresh	Onions, top onions, fresh
Blueberries, fresh	Papaws, fresh
Blueberry juice, fresh	Parsnips, fresh
Cherries, black, canned w.p.	Pears, fresh
Corn, fresh (very young)	Peas, fresh (medium mature)
Grapes, fresh	Pineapple, canned j.p.
Huckleberries, fresh	Salsify, fresh
Huckleberry juice, fresh	Shallot, fresh
Jerusalem-artichokes, tubers, fresh	Vegetable-oyster or salsify, fresh

## Group 6 (18 percent carbohydrate)

Beans, baked, canned	Horseradish, fresh
Carissa or Natal plum, fresh	Natal plum, fresh
Chayote, roots, fresh	Passion fruit, fresh
Cherries, sweet, fresh	Persimmons, Japanese
Cherries, black, canned, j.p.	Pomegranates, fresh
Corn, sweet, canned	Potatoes, fresh
Crab apples, fresh	Prunes, canned, j.p.
Figs, fresh	Prune juice, canned
Garlic, fresh	Sapodilla, fresh
Grandadilla, purple, fresh	Sapota, fresh
Grape juice, fresh or bottled	Waternut, tuber, fresh
Haws, scarlet, fresh	

## \* Miscellaneous Group (High Carbohydrate)

Apples dried 73%	Beans, kidney or common, dry 62%
Apricots dried 67%	Beans, lima, fresh 62%
Asparagus beans dried 62%	Beans, lima, dry 66%
Bananas, fresh 23%	Beans, mung, dry 63%
Bananas, dried 71%	Blackeyed peas 62%
Beans, broadbeans, dry 58%	Burdock, fresh 23%

## DIET MANUAL

### (Miscellaneous Group Cont'd)

Cherimoya, fresh 29%	Pears, dried 72%
Cherries, Marischino, canned 60%	Peas, fresh, matured, 25%
Chickpeas, dry, 61%	Peas, dry, whole 60%
Corn, fresh (medium mature) 22%	Peas, dry split, 62%
Corn, fresh, old 27%	Persimmons, native, fresh 34%
Corn, dried 68%	Plantain or baking banana, fresh, 33%
Cow peas, fresh, green shells 23%	Prunes fresh 21%
Cow peas, dry 62%	Prunes canned sieved 28%
Figs dried 68%	Prunes, dried 71%
Fruits canned in syrup (all kinds)	Raisins, dried 71%
-see table-	Sapote, fresh, 31%
Garbanzo peas, dry 61%	Sugar apple fresh 23%
Jujubes, fresh 34%	Sweet potatoes, fresh 28%
Jujubes, dry 76%	Sweet potatoes, canned 31%
Lentils dry 60%	Sweetsop, fresh, 23%
Litchi fruit, dried 70%	Taro, tubers, fresh 22%
Marmalade plum fresh 31%	Tomato catsup, 25%
Peaches, dried 69%	Yams, winged, fresh 24%

\*Percentage given in miscellaneous group is given in nearest whole number and fractions omitted.

### LOW FAT FOODS

Apricots	Gooseberries	Orange juice
Candy	Grapefruit	Plums
Celery	Grape juice	Radishes
Consomme	Honey	Raspberries
Currants	Lemon juice	Sugar
Endive	Molasses	Tapioca
Figs	Muskmelon	
Fruit juice	Nectarines	

### FOODS WITH HIGH CALCIUM CONTENT

Almonds	Cocoa	Hazel nuts
Boston brown bread	Clams	Lentils
Beans, kidney dried	Dandelion greens	Molasses
Buttermilk	Endive	Swiss chard
Cauliflower	Egg yolk	Syrup
Caviar	Figs	Turnip tops

### FOODS WITH HIGH CARBOHYDRATE CONTENT

Bananas	Crackers	Glucose
Breads, bean flour	Corn meal	Honey
Chestnuts	Cornstarch	Junket powder
Chocolate	Candy	Jelly
Cocoanut	Dates	Jams
Corn flakes	Dried fruits	Lentils
Cow peas, dried	Flours	Lima beans
Currants	Figs	Macaroni



## DIET MANUAL

### (Foods with High Carbohydrate Content Cont'd)

Marmalade, Litchi fruits	Pineapple (canned)	Raisins
Milk, sweetened	Potatoes	Rice
(Condensed or evaporated)	Plums	Rusk
Maple syrup	Peanuts	Sweet potatoes
Molasses	Prunes, dried	Syrups
Prunes	Pretzels	Short bread

### FOODS HIGH IN FIBER CONTENT

(% of edible portion)

Items listed contain 3% or more fiber. Whole numbers used.

Apples, dried, 5%	Jujube, dried 3%
Apricots, dried, 3%	Kumquats, fresh 4%
Beans, broadbeans, dry 7%	Lentils, whole 3%
Beans, common dry, 4%	Litchi fruits, 3%
Blackberries, fresh 4%	Olives, ripe, Greek process, 4%
Cherimoya, 4"	Peanut flour, 4%
Chickpeas, dried 4%	Dried pears, 6%
Cocoanut, shredded 4%	Peas, dried, whole 5%
Corn germ commercially milled 5%	Pomegranate, 4%
Cotton seed flour 4%	Raspberries, fresh, black 4%
Cowpeas, dry 4%	Rice bran 11%
Currents, fresh 3%	Sapota, fresh, 4%
Feijoa, 3%	Sesame, whole seed, 3%
Figs, fresh 6%	Soybean meal, 5%
Ground cherry 3%	Wheat bran flakes, 3%
Guavas 4% to 6%	Wheat bran, crude, 10%
Hazelnuts, 3%	Wheat bran, washed, 17%
	Wheat bran, packaged 8%

### FOODS WITH HIGH ROUGHAGE OR CELLULOSE CONTENT

Apples, whole	Nuts
Apricots, dried	Onions
Asparagus	Peaches, whole
Beans	Pears, whole
Bran bread	Plums
Bran muffins	Prunes
Brussels, sprouts	Radishes
Cabbage	Raisins
Cantaloup	Rice, unpolished
Cauliflower	Rolled oats
Celery	Romaine
Corn	Spinach
Dates	String beans
Endive	Swiss chard
Graham bread	Turnips
Grapes	Vegetables (all leafy ones)
Lentils	Wheat bran
Lettuce	Whole barley

DIET MANUAL  
GAS FORMING FOODS

Beverages

Carbonated drinks  
Sweetened drinks  
Malt drinks  
Wines  
All soft drinks

Desserts

Candy  
Honey  
Jams  
All sugars  
All sweet foods

Soups

Broths, meat  
Stock soups  
All soups containing  
gas forming vegetables

Dairy Products

All fermented cheese

Fruits

Apples, fresh  
Cantaloup  
Raisins  
Watermelon

Vegetables

Beans, dry  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Cucumbers  
Garlic  
Lentils  
Lettuce  
Onions  
Peas, dried  
Peppers  
Radishes  
Swiss chard  
Turnips

SAMPLE MENUS  
LIQUID, LIGHT AND REGULAR DIETS

FOR  
GENERAL MESS  
and  
OFFICERS MESS



## DIET MANUAL

### SAMPLE MENUS

#### CHAPTER XXXIX

#### LIQUID, LIGHT AND REGULAR DIETS

##### GENERAL MESS

Friday

##### Liquid Diets

###### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

###### Dinner

Strained soup  
Orange sherbet  
Coffee, tea or milk

###### Supper

Broth  
Fruit juice  
Coffee, tea or milk

##### Light Diets

###### Kadota figs

Cream of Wheat  
Soft boiled eggs  
Toast and butter  
Coffee, tea or milk

###### Bread sticks

Pepper pot soup  
Baked fresh fish  
Butter sauce  
Creamed parsley  
potatoes  
Spinach  
Orange sherbet  
Toast and butter  
Coffee, tea or milk

###### Split pea soup

Creamed sweetbreads  
Mashed potatoes  
Buttered lima beans  
Sliced fruit  
Toast and butter  
Coffee, tea or milk

##### Regular Diets

###### Dry cereal

Kadota figs  
Soft boiled eggs  
French diced potatoes  
Toast and butter  
Coffee and milk

###### Bread sticks

Pepper pot soup  
Fried scallops  
Tartar sauce  
Creamed parsley  
potatoes  
Spinach  
Pumpkin pie  
Bread and butter  
Coffee and milk

###### Baked veal loaf

Spanish sauce  
Mashed potatoes  
Cole slaw with sour cream  
dressing  
Sliced fruit  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

#### Friday

#### Liquid Diets

Breakfast  
Fruit juice  
Cereal gruel  
Coffee, tea or milk

Dinner  
Strained soup  
Orange sherbet  
Coffee, tea or milk

Supper  
Broth  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Orange juice  
Sliced peaches  
Cream of Wheat  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Pepper pot soup  
Baked scallops  
with lemon  
Mashed potatoes  
Fresh asparagus  
tips  
Orange sherbet  
Nabiscos  
Toast and butter  
Coffee, tea or milk

Split pea soup and  
crackers  
Creamed sweetbreads  
on toast  
Candied sweet pota-  
toes  
Buttered lima beans  
Avocado and grape-  
fruit salad with  
French dressing  
Sliced fresh pine-  
apple  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Kadota figs  
Cream of Wheat  
or choice of dry  
cereal  
Buckwheat cakes  
with syrup or honey  
Sausages  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Pepper pot soup  
Fried scallops w/chili  
sauce  
Creamed parsley potatoes  
Fresh asparagus tips  
Cabbage and walnut  
salad  
Cream dressing  
Pumpkin pie w/whipped  
cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Split pea soup  
Crackers  
Virginia baked ham  
Mince meat sauce  
Candied sweet pota-  
toes  
Buttered lima beans  
Grapefruit and avocado  
salad w/French  
dressing  
Sliced fresh pineapple  
Ginger cookies  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Saturday

#### Liquid Diet

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Clear soup  
Jello  
Coffee, tea or milk

#### Light Diets

Apple sauce  
Cooked cereal  
Scrambled eggs  
Toast and butter  
Jam  
Coffee, tea or milk

Lentil soup  
Broiled lamb chops  
Candied sweet potatoes  
Buttered peas and  
carrots  
Apricot Bavarian cream  
Toast and butter  
Coffee, tea or milk

Mock turtle soup  
Creamed eggs  
Baked parsnips  
Buttered beets  
Jello w/whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Fresh apples  
Corned beef hash  
Toast and butter  
Jam  
Coffee and milk

Croutons  
Lentil soup  
Baked Virginia ham  
Raisin sauce  
Candied sweet potatoes  
Buttered peas and  
carrots  
Bread pudding  
Strawberry sauce  
Bread and butter  
Coffee and milk

Beef pot pie  
Baked parsnips  
Wilted lettuce  
Cherry cobbler  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

#### Saturday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Clear soup  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Apple sauce  
Oatmeal  
Coddled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Vegetable soup  
Croutons  
Broiled tenderloin steak  
Mushrooms  
Creamed potatoes  
Buttered peas and  
carrots  
Apricot Bavarian cream  
Toast and butter  
Coffee, tea or milk

Mock turtle soup  
Crackers  
Scalloped fresh oysters  
Buttered diced potatoes  
Buttered beets  
Jello w/whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Apple sauce  
Oatmeal or dry cereal  
Hot corn bread and  
jam  
Eggs to order  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Croutons  
Vegetable soup  
Broiled T-bone steak  
w/mushrooms  
Mashed potatoes  
Buttered peas and  
carrots  
Sliced tomatoes  
w/mayonnaise  
Apricot Bavarian cream  
Buttermilk  
Coffee, tea or milk

Mock turtle soup  
Crackers  
Roast leg of veal and  
brown gravy  
Franconia potatoes  
Buttered beets  
Lettuce salad w/thous-  
and island dressing  
Fruit cocktail  
Bread and butter  
Buttermilk  
Nabiscos  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MEALS

#### Sunday

#### Liquid Diet

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Chicken soup  
Vanilla ice cream  
Coffee, tea or milk

##### Supper

Broth  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Pineapple juice  
Flaked wheat  
Boiled eggs  
Crisp bacon  
Jelly  
Toast and butter  
Coffee, tea or milk

Chicken noodle soup  
Chicken fricasse  
Whipped potatoes  
Baked egg plant  
Asparagus salad  
Mayonnaise  
Vanilla ice cream  
Toast and butter  
Coffee, tea or milk

Cream tomato soup  
Baked potatoes  
Spinach with egg  
Sliced oranges  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Pineapple juice  
Fried eggs  
Crisp bacon  
Toast and butter  
Jelly  
Coffee and milk

Chicken noodle soup  
Fried chicken  
Brown gravy  
Whipped potatoes  
Corn on the cob  
Asparagus salad  
Mayonnaise  
Special ice cream  
Macaroons  
Bread and butter  
Coffee and milk

Cold assorted meats  
Sliced American cheese  
Oranges  
Chocolate fudge  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Sunday

#### Liquid Diet

Breakfast	Dinner	Supper
Fruit juice	Chicken soup	Broth
Cereal gruel	Vanilla ice cream	Fruit juice
Coffee, tea or milk	Coffee, tea or milk	Coffee, tea or milk

#### Light Diets

Orange juice	Crackers	Croutons
Grapefruit	Chicken noodle soup	Cream tomato soup
Flaked wheat	Broiled chicken	Scalloped brains
Poached eggs	Cream gravy	Baked potatoes
Crisp bacon	Mashed potatoes	Spinach w/egg
Toast and butter	Creamed celery root	Sliced oranges
Coffee, tea or milk	Asparagus salad	Toast and butter
	w/mayonnaise	Coffee, tea or milk
	Vanilla ice cream	
	Toast and butter	
	Coffee, tea or milk	

#### Regular Diets

Orange juice	Chicken noodle soup	Cream tomato soup
Grapefruit	Crackers	Croutons
Flaked wheat or choice of dry cereal	Fried chicken w/cream gravy	Hot meat loaf w/gravy
Waffles w/syrup or honey	Mashed potatoes	Fried hominy
Crisp bacon	Corn on the cob	Spinach w/egg
Toast and butter	Asparagus and pimento salad w/mayonnaise	Celery hearts and sweet pickles
Coffee, tea or milk	Special ice cream	Sliced oranges w/shredded cocoanut
	Macaroons	Buttermilk
	Buttermilk	Bread and butter
	Bread and butter	Coffee, tea or milk
	Coffee, tea or milk	



## DIET MANUAL

### GENERAL MESS

#### Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Jello  
Coffee, tea or milk

##### Supper

Clear soup  
Custard  
Coffee, tea or milk

#### Light Diets

Stewed prunes  
Cooked cereal  
Poached eggs  
Toast and butter  
Jam  
Coffee, tea or milk

Barley soup  
Roast leg of lamb  
Gravy  
Fluffed potatoes  
Scalloped tomatoes  
Tapioca cream pudding  
Toast and butter  
Coffee, tea or milk

Oxtail soup  
Buttered asparagus tips  
on toast  
Scalloped potatoes  
Mashed squash  
Baked apples w/whipped  
cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Stewed prunes  
Pork patties  
Fried potatoes  
Toast and butter  
Jam  
Coffee and milk

Croutons  
Barley soup  
Baked pork and beans  
Scalloped tomatoes  
Sliced pickles and onions  
Cole slaw  
Hot corn bread  
Fresh apples  
Bread and butter  
Coffee and milk

Breaded pork chops  
Cream gravy  
Scalloped potatoes  
Sliced tomatoes  
Snails  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Jello  
Coffee, tea or milk

##### Supper

Clear soup  
Custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Stewed prunes  
Cream of Wheat  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Croutons  
Scotch barley soup  
Roast leg of lamb  
Gravy  
Fluffed potatoes  
Egg plan and  
tomatoes  
Tapioca cream pudding  
Toast and butter  
Coffee, tea or milk

Crackers  
Oxtail soup  
Baked potatoes stuffed  
w/chicken  
Mashed squash  
Fresh string beans  
Boiled apples  
w/whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Stewed prunes  
Cream of Wheat or  
choice of dry cereal  
French toast w/syrup  
or honey  
Eggs to order  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Croutons  
Scotch barley soup  
Roast leg of lamb  
Gravy  
Fluffed potatoes  
Cauliflower au gratin  
Tomato aspic salad  
Mayonnaise  
Tapioca cream pudding  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Oxtail soup and  
crackers  
Welsh rarebit on toast  
Baked potatoes  
Fresh string beans  
Fresh crab salad  
Ripe olives  
Baked apples w/whipped  
cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Tuesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Broth  
Jello  
Coffee, tea or milk

#### Light Diets

Sliced grapefruit  
Oatmeal  
Coddled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Vegetable soup  
Puree corn timbale  
Mashed potatoes  
Creamed carrots  
Sliced pears  
Sugar cookies  
Toast and butter  
Coffee, tea or milk

Tomato bouillon  
Creamed tuna fish on  
toast  
Baked potatoes  
Artichokes w/Hollandaise  
sauce  
Cottage cheese salad  
Sliced fruit  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Sliced grapefruit  
Hot cakes  
Crisp bacon  
Maple syrup  
Toast and butter  
Coffee and milk

Bread sticks  
Vegetable soup  
Swiss steak  
Brown gravy  
Mashed potatoes  
Creamed carrots  
Butterscotch pie  
Bread and butter  
Coffee and milk

Grilled hamburger  
Brown gravy  
Fried potatoes  
Cottage cheese and  
pineapple salad  
w/mayonnaise  
Sliced fruit  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Tuesday

#### Liquid Diets

Breakfast	Dinner	Supper
Fruit juice	Strained soup	Broth
Cereal gruel	Custard	Jello
Coffee, tea or milk	Coffee, tea or milk	Coffee, tea or milk

#### Light Diets

Orange juice	Bread sticks	Tomato bouillon
Stewed rhubarb	Vegetable soup	Crackers
Oatmeal	Creamed sweetbreads on toast	Creamed tuna fish on toast
Coddled eggs	Mashed potatoes	Baked potatoes
Crisp bacon	Glazed fresh carrots	Artichokes w/Hollandaise sauce
Coffee, tea or milk	Stuffed date salad w/boiled dressing	Avocado and grapefruit salad w/French dressing
	Sliced pears	Floating Island pudding
	Bread and butter	Toast and butter
	Coffee, tea or milk	Coffee, tea or milk

#### REGULAR DIETS

Orange juice	Breadsticks	Tomato bouillon
Stewed rhubarb	Vegetable soup	Crackers
Oatmeal or choice of dry cereal	Breaded veal cutlets	Baked Swiss steaks w.gravy
Snails	Chili sauce	Baked potatoes
Crisp bacon	Mashed potatoes	Artichokes w/Hollandaise sauce
Eggs to order	Glazed fresh carrots	Avocado and grapefruit salad w/French dressing
Toast and butter	Stuffed date salad	Floating Island pudding
Coffee, tea or milk	Boiled dressing	Buttermilk
	Butterscotch pie	Bread and butter
	Buttermilk	Coffee, tea or milk
	Bread and butter	
	Coffee, tea or milk	

## DIET MANUAL

### GENERAL MESS

Wednesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Jello  
Coffee, tea or milk

##### Supper

Broth  
Vanilla ice cream  
Coffee, tea or milk

#### Light Diets

Bananas  
Cooked cereal  
Scrambled eggs  
Toast and butter  
Coffee, tea or milk

English broth  
Broiled small steaks  
Boiled potatoes  
Buttered Italian squash  
Fruit jello w/whipped  
cream  
Toast and butter  
Coffee, tea or milk

Crackers  
Chicken gumbo soup  
Creamed chicken on  
toast  
Steamed rice  
Buttered peas  
Peach ice cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Bananas  
Scrambled eggs  
Hot biscuits  
Honey  
Toast and butter  
Coffee and milk

Croutons  
English broth  
Boiled beef and horse-  
radish gravy  
Boiled potatoes  
Boiled rutabagas  
Fruit jello  
Whipped cream  
Bread and butter  
Coffee and milk

Chicken a la king on  
toast  
Steamed rice  
Hearts of lettuce  
French dressing  
Doughnuts  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Wednesday

#### Liquid Diets

Breakfast	Dinner	Supper
Fruit juice	Clear soup	Broth
Cereal gruel	Jello	Fruit juice
Coffee, tea or milk	Coffee, tea or milk	Coffee, tea or milk

#### Light Diets

Orange juice	Croutons	Chicken gumbo soup
Sliced bananas	English broth	Creamed chicken on
Cream of Wheat	Candied sweet potatoes	toast
Poached eggs	Buttered Italian squash	Mashed potatoes
Crisp bacon	Cottage cheese salad	Buttered peas
Toast and butter	Fruit jello w/whipped	Nectarines
Coffee, tea or milk	cream	Sugar cookies
	Toast and butter	Coffee, tea or milk
	Coffee, tea or milk	

#### Regular Diets

Orange juice	Croutons	Chicken gumbo soup
Sliced bananas	English broth	Chicken a la king in
Cream of Wheat or	Stuffed baked pork	pattie shells
choice of dry cereal	chops	Mashed potatoes
Hot biscuits w/jam	Apple sauce	Buttered peas
Broiled ham	Candied sweet pota-	Jewel salad w/mayon-
Eggs to order	toes	naise
Toast and butter	Buttered Italian s quash	Nectarines
Coffee, tea or milk	Pineapple and cottage	Doughnuts
	cheese w/mayonnaise	Bread and butter
	Fruit jello w/whipped	Buttermilk
	cream	Coffee, tea or milk
	Bread and butter	
	Buttermilk	
	Coffee, tea or milk	



## DIET MANUAL

### GENERAL MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Fruit juice  
Coffee, tea or milk

##### Supper

Consomme  
Vanilla ice cream  
Coffee, tea or milk

#### Light Diets

Oranges  
Flaked wheat  
Poached eggs  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Bean soup  
Roast lamb  
Brown gravy  
Mint jelly  
Whipped potatoes  
Buttered peas  
Baked peaches w/  
marshmallows  
Toast and butter  
Coffee, tea or milk

Consomme  
Cottage cheese timbale  
Creamed potatoes  
Buttered beets  
Vanilla ice cream  
Lady fingers  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Oranges  
French toast  
Link sausages  
Syrup  
Toast and butter  
Coffee and milk

Breadsticks  
Bean soup  
Roast lamb  
Brown gravy  
Mint jelly  
Whipped potatoes  
Buttered peas  
Nectarine pie  
Bread and butter  
Coffee and milk

Macaroni and cheese  
Hungarian goulash  
Combination salad  
Mayonnaise  
Jelly layer cake  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Fruit juice  
Coffee, tea or milk

##### Supper

Consomme  
Vanilla ice cream  
Coffee, tea or milk

#### Light Diets

Orange juice  
Grapefruit  
Flaked wheat  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Scotch barley broth  
Bread sticks  
Scrambled eggs and brains  
Mash potatoes  
Spinach and egg  
Asparagus salad w/  
mayonnaise  
Baked peaches w/ marsh-  
mallows  
Toast and butter  
Coffee, tea or milk

Consomme a la royal  
Broiled lamb chops  
Mint jelly  
Creamed potatoes  
Buttered beets  
Vanilla ice cream  
Lady fingers  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Grapefruit  
Flaked wheat or  
choice dry cereal  
Waffles w/syrup or  
honey  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Scotch barley broth  
Bread sticks  
Rib roast of beef  
Brown gravy  
Yorkshirt pudding  
Mashed potatoes  
Spinach and eggs  
Lettuce hearts w/  
French dressing  
Nectarine pie  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Consomme a la royale  
Broiled lamb chops  
Mint jelly  
Creamed potatoes  
Buttered beets  
Waldorf salad w/boiled  
dressing  
Vanilla ice cream w/  
lady fingers  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Friday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Jello  
Coffee, tea or milk

##### Supper

Clear Soup  
Caramel custard  
Coffee, tea or milk

#### Light Diets

Oatmeal  
Baked apples  
Coddled eggs  
Toast and butter  
Coffee, tea or milk

Clam chowder  
Scrambled eggs and  
brains  
Scalloped potatoes  
String beans  
Rice pudding  
Chocolate sauce  
Toast and butter  
Coffee, tea or milk

Vegetable chowder  
Creamed chicken on  
toast  
Steamed rice  
Broccoli w/Hollandaise  
sauce  
Sliced fruit  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Baked apples  
Soft boiled eggs  
French diced potatoes  
Toast and butter  
Coffee and milk

Croutons  
Clam chowder  
Fried silver smelts  
Tartar sauce  
Scalloped potatoes  
String beans  
Rice pudding  
Chocolate sauce  
Bread and butter  
Coffee and milk

Breaded veal cutlets  
Cream gravy  
French baked potatoes  
Sweet relish  
Sliced fruit  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Friday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Beef broth  
Jello  
Coffee, tea or milk

##### Supper

Clear soup  
Caramel custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Oatmeal  
Crisp bacon  
Coddled eggs  
Toast and butter  
Coffee, tea or milk

Croutons  
Beef broth  
Escalloped fresh oysters  
Mashed potatoes  
Fresh string beans  
Apricot Bavarian cream  
Toast and butter  
Coffee, tea or milk

Crackers  
Vegetable chowder  
Creamed chicken on toast  
Buttered steamed rice  
Baked Hubbard squash  
Banana salad w/boiled dressing  
Caramel custard  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Baked apple  
Oatmeal or choice of dry cereal  
Buttermilk hot cakes w/syrup or honey  
Sausages  
Toast and butter  
Coffee, tea or milk

Croutons  
Clam chowder  
Fried Eastern oysters  
Chili sauce  
Scalloped potatoes  
Fresh string beans  
Sliced tomatoes w/mayonnaise  
Apricot Bavarian Cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Crackers  
Vegetable chowder  
Stuffed green peppers  
Spanish sauce  
Buttered steamed rice  
Baked Hubbard squash  
Candle stick salad w/mayonnaise  
Cream puffs  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

#### Saturday

#### Liquid Diets

##### Breakfast

##### Dinner

##### Supper

Fruit juice  
Cereal gruel  
Coffee, tea or milk

Clear soup  
Jello  
Coffee, tea or milk

Strained soup  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Stewed rhubarb  
Cooked cereal  
Poached eggs  
Toast and butter  
Coffee, tea or milk

Split pea soup  
Broiled lamb chops  
Baked potatoes  
Creamed celery root  
Steamed date pudding  
w/lemon sauce  
Toast and butter  
Coffee, tea or milk

Julienne soup  
Creamed tuna fish  
Mashed sweet potatoes  
Baked squash  
Baked apples  
w/whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Stewed rhubarb  
Cooked cereal  
Fried ham  
Fried potatoes  
Toast and butter  
Jam  
Coffee and milk

Croutons  
Split pea soup  
Roast beef  
Brown gravy  
Baked potatoes  
Swiss chard  
Steamed date pudding  
Lemon sauce  
Bread and butter  
Coffee and milk

Codfish balls w/  
tomato sauce  
Baked squash  
Lettuce and cottage  
cheese-pineapple  
salad w/mayonnaise  
Peach cobbler  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Saturday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Jello  
Coffee, tea or milk

##### Supper

Strained soup  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Orange juice  
Stewed rhubarb  
Cream of wheat  
Crisp bacon  
Poached eggs  
Toast and butter  
Coffee, tea or milk

Croutons  
Split pea soup  
Broiled lamb chops  
Baked potatoes  
Buttered beets  
Fruit salad  
Boiled dressing  
Prune whip  
Nabiscos  
Toast and butter  
Coffee, tea or milk

Julienne soup  
Creamed tuna fish on  
toast  
Mashed sweet potatoes  
Buttered fresh aspar-  
agus  
Baked apple  
Whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Stewed rhubarb  
Cream of wheat or  
choice of dry  
cereal  
Hot biscuits and jam  
Eggs to order  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Croutons  
Split pea soup  
Roast leg of veal  
Brown gravy  
Franconia potatoes  
Creamed onions  
Combination fruit  
salad w/boiled  
dressing  
Prune whip  
Nabiscos  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Crackers  
Julienne soup  
Virginia baked ham  
Mince meat sauce  
Sweet potato croquettes  
Buttered fresh asparagus  
Green onions and radishes  
Baked apple w/whipped  
cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk



## DIET MANUAL

### GENERAL MESS

#### Sunday

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Orange ice  
Coffee, tea or milk

##### Supper

Bouillon  
Custard  
Coffee, tea or milk

#### Light Diets

Tomato juice  
Flaked wheat  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Cream tomato soup  
New York cut steak  
Mashed potatoes  
Buttered asparagus  
tips  
Vanilla ice cream  
Sugar cookies  
Toast and butter  
Coffee, tea or milk

Bouillon  
Scalloped sweetbreads  
Baked potatoes  
Glazed fresh carrots  
Custard bread pudding  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Tomato juice  
Fried eggs  
Crisp bacon  
Toast and butter  
Coffee and milk

Crackers  
Cream tomato soup  
New York cut steak  
Brown gravy  
Mashed potatoes  
Buttered asparagus  
Crab cocktail  
Special ice cream  
Sugar cookies  
Bread and Butter  
Coffee and milk

Cold sliced roast beef  
Sliced American cheese  
Potato salad  
Fresh apples  
Cocoanut fudge  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Sunday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Orange ice  
Coffee, tea or milk

##### Supper

Bouillon  
Custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Grapefruit  
Flaked wheat  
Crisp bacon  
Scrambled eggs  
Toast and butter  
Coffee, tea or milk

Crackers  
Cream tomato soup  
Baked squab w/gravy  
Mashed potatoes  
Buttered peas  
Artichoke salad  
Mayonnaise  
Orange ice  
Sugar cookies  
Toast and butter  
Coffee, tea or milk

Bouillon  
Scalloped sweetbreads on  
toast  
Baked potatoes  
Fresh glazed carrots  
Star salad w/boiled  
dressing  
Honey date pudding  
w/custard sauce  
Buttermilk  
Bread and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Grapefruit  
Flaked wheat or  
choice of dry  
cereal  
Waffles w/syrup or  
honey  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Crackers  
Cream tomato soup  
Stuffed baked squab  
w/gravy  
Mashed potatoes  
Buttered peas  
Stuffed celery w/  
green olives  
Orange ice  
Sugar cookies  
Mints  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Bouillon  
Creamed chipped beef  
on toast  
Baked potatoes  
Glazed fresh carrots  
Star salad w/boiled  
dressing  
Honey date pudding  
w/custard sauce  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Consomme  
Fruit juice  
Coffee, tea or milk

##### Supper

Strained soup  
Jello  
Coffee, tea or milk

#### Light Diets

Stewed prunes  
Cooked cereal  
Soft boiled eggs  
Toast and butter  
Coffee, tea or milk

Corn chowder  
Chicken fricassee  
Candied sweet potatoes  
Spinach  
Floating Island  
pudding  
Toast and butter  
Coffee, tea or milk

Jackson soup  
Breaded tomatoes  
w/diced bacon  
Glazed parsnips  
Steamed rice  
Fruit jello  
w/whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Stewed prunes  
Creamed beef on toast  
Toast and butter  
Jam  
Coffee and milk

Croutons  
Corn chowder  
Roast loin of pork  
Brown gravy  
Bread dressing  
Candied sweet potatoes  
Spinach  
Cottage pudding  
Strawberry sauce  
Bread and butter  
Coffee and milk

Veal pot pie  
Fried hominy  
Hearts of lettuce  
French dressing  
Snails  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Consomme  
Fruit juice  
Coffee, tea or milk

##### Supper

Strained soup  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Stewed prunes  
Cream of wheat  
Crisp bacon  
Coddled eggs  
Toast and butter  
Coffee, tea or milk

Croutons  
Consomme  
Broiled tenderloin  
steaks  
Mushrooms  
Buttered diced pota-  
toes  
Spinach and egg  
Pear and cottage  
cheese salad w/  
mayonnaise  
Floating island  
pudding  
Toast and butter  
Coffee, tea or milk

Crackers  
Jackson soup  
Roast leg of lamb  
w/gravy  
Buttered steamed rice  
Baked squash  
Fruit jello  
w/whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Stewed prunes  
Cream of wheat or  
choice of dry  
cereal  
French toast w/syrup  
or honey  
Crisp bacon  
Eggs to order  
Toast and butter  
Coffee, tea or milk

Croutons  
Consomme  
Broiled tenderloin  
steaks  
Mushroom sauce  
Buttered diced  
potatoes  
Corn on the cob  
Pear and cottage  
cheese salad  
Floating island  
pudding  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Jackson soup  
Crackers  
Roast Leg of lamb w/gravy  
Buttered steamed rice  
Baked squash  
Lettuce salad w/Russian  
dressing  
Fruit jello  
w/whipped cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Tuesday

#### Liquid Diets

Breakfast

Dinner

Supper

Fruit juice  
Cereal gruel  
Coffee, tea or milk

Clear soup  
Custard  
Coffee, tea or milk

Broth  
Jello  
Coffee, tea or milk

#### Light Diets

Oranges  
Oatmeal  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Breadsticks  
Oxtail soup  
Scalloped brains  
Boiled potatoes  
Buttered diced carrots  
Pineapple Bavarian  
cream  
Toast and butter  
Coffee, tea or milk

Cream pea soup  
Creamed eggs  
Boiled potatoes  
Artichokes w/  
Hollandaise sauce  
Sliced fruit  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Oranges  
French toast  
Crisp bacon  
Syrup  
Toast and butter  
Coffee and milk

Breadsticks  
Oxtail soup  
Boiled corned beef  
Creamed cabbage  
Boiled potatoes  
Boiled onions  
Butterscotch pie  
Bread and butter  
Coffee and milk

Fried oysters  
Tomato sauce  
Fried potatoes  
Shredded lettuce  
French dressing  
Sliced fruit  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Tuesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Custard  
Coffee, tea or milk

##### Supper

Broth  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Sliced peaches  
Oatmeal  
Crisp bacon  
Poached eggs  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Oxtail soup  
Scalloped brains  
Mashed potatoes  
Buttered diced carrots  
Stuffed date salad  
Boiled dressing  
Sliced fresh pineapple  
Nabiscos  
Toast and butter  
Coffee, tea or milk

Crackers  
Cream pea soup  
Creamed tuna fish on  
toast  
Boiled potatoes  
Artichokes w/Hollandaise  
sauce  
Nectarines  
Lady fingers  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Stewed figs  
Oatmeal or choice  
of dry cereal  
Snails  
Crisp bacon  
Eggs to order  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Oxtail soup  
Baked fresh spareribs  
Barbecue sauce  
Sauerkraut  
Mashed potatoes  
Buttered diced car-  
rots  
Stuffed date salad w/  
boiled dressing  
Sliced fresh pineapple  
Nabiscos  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Crackers  
Cream pea soup  
Breaded veal cutlets  
Chili sauce  
Hashed brown potatoes  
Artichokes w/Hollandaise  
sauce  
Sliced tomatoes w/  
mayonnaise  
Butterscotch pie  
Buttermilk  
Bread and butter  
Coffee, tea or milk



## DIET MANUAL

### GENERAL MESS

Wednesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Clear soup  
Vanilla ice cream  
Coffee, tea or milk

#### Light Diets

Bananas  
Cooked cereal  
Poached eggs  
Toast and Butter  
Honey  
Coffee, tea or milk

Vegetable soup  
Creamed lamb on toast  
Mashed potatoes  
Buttered beets  
Tapioca cream pudding  
Toast and butter  
Coffee, tea or milk

Tomato bouillon  
Creamed chicken on toast  
Steamed rice  
Asparagus tips salad w/  
    mayonnaise  
Vanilla ice cream  
Cookies  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Bananas  
Fried eggs  
Hot biscuits  
Honey  
Toast and butter  
Coffee and milk

Croutons  
Vegetable soup  
Pot roast of beef  
Brown gravy  
Mashed potatoes  
Dumplings  
Scalloped corn  
Spice cake  
Whipped cream  
Bread and butter  
Coffee and milk

Chicken croquettes  
Giblet gravy  
Steamed rice  
Asparagus salad  
Mayonnaise  
Mince meat turnovers  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Wednesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Clear soup  
Vanilla ice cream  
Coffee, tea or milk

#### Light Diets

Orange juice  
Sliced bananas  
Cream of wheat  
Crisp bacon  
Scrambled eggs  
Toast and butter  
Coffee, tea or milk

Croutons  
Vegetable soup  
Creamed chicken on  
toast  
Baked potatoes  
Buttered beets  
Avocado salad  
French dressing  
Tapioca cream pudding  
Toast and butter  
Coffee, tea or milk

Tomato bouillon  
Crackers  
Broiled tenderloin  
steaks  
Mashed potatoes  
Broccoli w/Hollandaise  
sauce  
Vanilla ice cream  
Nabiscos  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Sliced bananas  
Cream of wheat or  
choice of dry cereal  
Hot biscuits w/jelly  
Broiled ham  
Eggs to order  
Toast and Butter  
Coffee, tea or milk

Tomato bouillon  
Crackers  
Stuffed baked flank  
steaks  
Gravy  
Mashed potatoes  
Broccoli w/Holland-  
aise sauce  
Celery hearts and sweet  
pickles  
Mince meat turnovers  
w/cheese  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Croutons  
Vegetable soup  
Chicken a la king in  
pattie shells  
Baked potatoes  
Buttered beets  
Avocado salad w/  
French dressing  
Spice cake w/whipped  
cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Fruit juice  
Coffee, tea or milk

##### Supper

Clear Soup  
Jello  
Coffee, tea or milk

#### Light Diets

Apple sauce  
Flaked wheat  
Soft boiled eggs  
Toast and butter  
Coffee, tea or milk

Rivel soup  
Bread sticks  
Creamed sweetbreads on  
toast  
Baked potatoes  
Buttered fresh aspara-  
gus tips  
Bread pudding  
Caramel sauce  
Toast and butter  
Coffee, tea or milk

Cream celery soup  
Broiled lamb chops  
Mashed potatoes  
Buttered peas  
Chocolate sponge  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Apple sauce  
Hot Cakes  
Link pork sausage  
Maple syrup  
Toast and butter  
Coffee and milk

Breadsticks  
Rivel soup  
Rolled roast of veal  
Brown gravy  
Baked potatoes  
Creamed cauliflower  
Bread pudding  
Caramel sauce  
Bread and butter  
Coffee and milk

Grilled hamburgers  
Brown gravy  
Lyonnais potatoes  
Sliced tomatoes  
Jelly doughnuts  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Fruit juice  
Coffee, tea or milk

##### Supper

Clear soup  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Apple sauce  
Flaked wheat  
Crisp bacon  
Coddled eggs  
Toast and butter  
Coffee, tea or milk

Bread sticks  
Split pea soup  
Creamed sweetbreads  
on toast  
Baked potatoes  
Buttered Italian squash  
Banana salad  
Boiled dressing  
Brown betty w/whipped  
cream  
Toast and butter  
Coffee, tea or milk

Cream celery soup  
Crackers  
Broiled lamb chops  
Mint jelly  
Mashed potatoes  
Buttered peas  
Chocolate sponge  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Apple sauce  
Flaked wheat or choice  
dry cereal  
Waffles w/syrup or  
honey  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Split pea soup with  
breadsticks  
Rib roast of beef  
Brown gravy  
Franconia potatoes  
Buttered Italian squash  
Banana nut salad  
Boiled dressing  
Brown betty with  
whipped cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Cream celery soup  
Crackers  
Broiled lamb chops  
Mint jelly  
Mashed potatoes  
Buttered peas  
Hearts of lettuce  
salad 1000 island  
dressing  
Chocolate sponge  
pudding  
Buttermilk  
Bread and butter  
Coffee, tea or milk.

## DIET MANUAL

### GENERAL MESS

#### Friday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Custard  
Coffee, tea or milk

##### Supper

Bouillon  
Jello  
Coffee, tea or milk

#### Light Diets

Cooked cereal  
Stewed prunes  
Scrambled eggs  
Toast and butter  
Coffee and milk

Fish chowder  
Baked filet of sole  
    with lemon  
Creamed parsley  
    potatoes  
Baked egg plant  
Crapenut custard  
Toast and butter  
Coffee, tea or milk

Bouillon  
Creamed chicken and  
    mushrooms on toast  
Mashed squash  
Baked potatoes  
Sliced fruit  
Toast and butter  
Cookies  
Coffee, tea or milk

#### Regular Diets

Stewed prunes  
Cooked cereal  
Scrambled eggs  
Toast and butter  
Jam  
Coffee, tea or milk

CROUTONS  
Fish chowder  
Fried filet of sea bass  
Tartar sauce  
Creamed parsley  
    potatoes  
Swiss chard  
Peach pie  
American cheese  
Bread and butter  
Coffee and milk

Grilled frankfurters  
German fried potatoes  
Combination salad  
Mayonnaise  
Sliced fruit  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Friday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Custard  
Coffee, tea or milk

##### Supper

Bouillon  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Peaches  
Oatmeal  
Poached eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Oyster stew  
Crackers  
Baked filet of sole  
with lemon  
Buttered parsley  
potatoes  
Spinach and egg  
Grapenut custard  
Toast and butter  
Coffee, tea or milk

Bouillon and crackers  
Stuffed potatoes with  
chicken  
Artichokes with butter  
sauce  
Mashed Hubbard squash  
Fruit jello with  
whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Kadota figs  
Oatmeal or choice of  
dry cereal  
Hot cornbread and jam  
Broiled ham  
Eggs to order  
Toast and butter  
Coffee, tea or milk

Oyster stew w/crackers  
Filet of sole  
Buttered spinach and  
egg  
Tomato aspic salad  
with mayonnaise  
Peach pie w/ cheese  
Buttermilk  
Bread and Butter  
Coffee, tea or milk

Bouillon w/crackers  
Baked Swiss steaks  
Gravy  
Baked potatoes  
Corn on cob  
Waldorf salad  
w/boiled dressing  
Fruit jello  
w/whipped cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk



## DIET MANUAL

### GENERAL MESS

Saturday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Clear soup  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Baked apples  
Cream of Wheat  
Poached eggs  
Toast and butter  
Coffee, tea or milk

Lentil soup  
Small broiled steaks  
Creamed potatoes  
Buttered carrots  
Tapioca pudding  
Fruit sauce  
Toast and butter  
Coffee, tea or milk

Creamed tomato soup  
Artichokes W/Holland-  
aise sauce  
Mashed potatoes  
Creamed celery root  
Lettuce  
Cottage cheese and  
pear salad  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Fresh apples  
Corned beef hash  
Hot biscuits  
Honey  
Toast and butter  
Coffee and milk

CROUTONS  
Lentil soup  
Swiss steaks  
Brown gravy  
French fried potatoes  
Buttered carrots  
Tapioca pudding  
Fruit sauce  
Bread and butter  
Coffee and milk

Veal pot pie  
Fried hominy  
Lettuce  
Cottage cheese and  
pear salad w/may-  
onnaise  
Coffee cake  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Saturday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Custard  
Coffee, tea or milk

##### Supper

Clear soup  
Fruit juice  
Coffee tea or milk

#### Light Diets

Orange juice  
Baked apples  
Cream of Wheat  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Julienne soup and  
croutons  
Broiled lamb chops  
Creamed potatoes  
Egg plant and  
tomatoes  
Pineapple and cott-  
age cheese salad  
with mayonnaise  
Tapioca cream pudding  
Toast and butter  
Coffee, tea or milk

Cream tomato soup  
Crackers  
Broiled tenderloin steaks  
Mashed potatoes  
Creamed celery root  
Pears au gratin with  
ginger sauce  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Baked apples  
Cream of Wheat or  
choice of dry  
cereal  
Waffles w/syrup or  
honey  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Julienne soup with  
crackers  
Roast leg of veal  
Brown gravy  
Browned potatoes  
Spanish eggplant  
Pineapple and cott-  
age cheese salad  
with mayonnaise  
Tapioca cream pudding  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Cream tomato soup and  
crackers  
Broiled hamburger steaks  
Fried onions  
Hashed brown potatoes  
Creamed celery root  
Pickled beets and ripe  
olives  
Pears au gratin with  
ginger sauce  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

#### Sunday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Butterscotch ice cream  
Coffee, tea or milk

##### Supper

Strained soup  
Custard  
Coffee, tea or milk

#### Light Diets

Pineapple juice  
Flaked wheat  
Coddled eggs  
Fried bacon  
Toast and butter  
Coffee; tea or milk

Noodle soup  
Broiled chicken  
Cream gravy  
Baked sweet potatoes  
Buttered peas  
Fruit cocktail  
Butterscotch ice cream  
Toast and butter  
Coffee, tea or milk

Jackson soup  
Tuna fish timbale  
Creamed hominy  
Buttered string beans  
Baked apples with  
whipped cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Pineapple juice  
Fried eggs  
Fried bacon  
Toast and butter  
Coffee and milk

Crackers  
Noodle soup  
Roast leg of pork  
Bread dressing  
Brown gravy  
Baked sweet potatoes  
Buttered peas  
Fruit cocktail  
Special ice cream  
Lady fingers  
Bread and butter  
Coffee and milk

Cold assorted meats  
Sliced American  
cheese  
Macaroni and shrimp  
salad  
Fresh apples  
Bread and butter  
Coffee and milk



## DIET MANUAL

### Officers Mess

Sunday

### Liquid Diets

#### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

#### Dinner

Broth  
Lemon sherbet  
Coffee, tea or milk

#### Supper

Strained soup  
Custard  
Coffee, tea or milk

### Light Diets

Orange juice  
Bananas  
Flaked wheat  
Coddled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Noodle soup with  
crackers  
Broiled chicken with  
cream gravy  
Currant jelly  
Mashed potatoes  
Buttered peas  
Asparagus salad with  
mayonnaise  
Lemon sherbet with  
lady fingers  
Toast and butter  
Coffee, tea or milk

Jackson soup with  
crackers  
Tuna fish timbale  
Creamed hominy  
Buttered string beans  
Avocado and grapefruit  
salad w/French  
dressing  
Baked apples with  
whipped cream  
Toast and butter  
Coffee, tea or milk

### Regular Diets

Orange juice  
Bananas  
Flaked wheat or  
choice of dry  
cereal  
Hot biscuits  
Honey  
Crisp bacon  
Eggs to order  
Toast and butter  
Coffee, tea or milk

Noodle soup with  
crackers  
Half fried chicken with  
cream gravy  
Currant jelly  
Mashed potatoes  
Buttered peas  
Princess salad with  
mayonnaise  
Special ice cream  
Lady fingers  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Jackson soup with  
crackers  
Fried calves liver and  
crisp bacon with  
chili sauce  
Buttered string beans  
Avocado and grapefruit  
salad w/French  
dressing  
Baked apples with  
whipped cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Fruit juice  
Coffee, tea or milk

##### Supper

Broth  
Jello  
Coffee, tea or milk

#### Light Diets

Oranges  
Cooked cereal  
Poached eggs  
Toast and butter  
Jelly  
Coffee, tea or milk

Pepper pot soup  
Broiled lamb chops  
Creamed potatoes  
Baked squash  
Bananas  
Toast and butter  
Coffee, tea or milk

Mock turtle soup  
Creamed eggs  
Mashed potatoes  
Buttered beets  
Spanish cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Oranges  
Fried ham  
Fried potatoes  
Toast and butter  
Jelly  
Coffee and milk

Croutons  
Pepper pot soup  
Baked pork and beans  
Scalloped tomatoes  
Green onions  
Sliced pickles  
Hot corn bread  
Bananas  
Bread and butter  
Coffee and milk

Grilled pork chops  
Cream gravy  
Fried potatoes  
Hearts of lettuce  
French dressing  
Gooseberry cobbler  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Monday

#### Liquid Diets

Breakfast	Dinner	Supper
Fruit juice	Clear soup	Broth
Cereal gruel	Fruit juice	Jello
Coffee, tea or milk	Coffee, tea or milk	Coffee, tea or milk

#### Light Diets

Orange juice	Pepper pot soup	Mock turtle soup with
Stewed prunes	w/ croutons	crackers
Cream of Wheat	Broiled tenderloin	Roast lamb and gravy
Poached eggs	steak	Mashed potatoes
Crisp bacon	Creamed potatoes	Buttered beets
Toast and butter	Baked squash	Spanish cream
Coffee, tea or milk	Artichoke salad with	Toast and butter
	mayonnaise	Coffee, tea or milk
	Fresh pineapples	
	Toast and butter	
	Coffee, tea or milk	

#### Regular Diets

Orange juice	Pepper pot soup with	Mock turtle soup with
Stewed prunes	croutons	crackers
Cream of Wheat or	Broiled T-bone steak	Roast lamb w/gravy
choice of dry cereal	with mushrooms	Mashed potatoes
Buttermilk hot cakes	Creamed potatoes	Harvard beets
Syrup or honey	Baked Hubbard squash	Hearts of Lettuce
Crisp bacon	Cabbage and nut salad	w/French dressing
Toast and butter	w/cream dressing	Gooseberry tarts with
Coffee, tea or milk	Hot corn bread	whipped cream
	Fresh pineapples	Buttermilk
	Bread and butter	Bread and butter
	Buttermilk	Coffee, tea or milk
	Coffee, tea or milk	



## DIET MANUAL

### GENERAL MESS

Tuesday

#### Liquid Diets

Breakfast	Dinner	Supper
Fruit juice	Strained soup	Chicken broth
Cereal gruel	Ice cream	Custard
Coffee, tea or milk	Coffee, tea or milk	Coffee, tea or milk

#### Light Diets

Kadota figs	Vegetable soup	Chicken gumbo soup
Oatmeal	Bread sticks	Chicken fricassee
Scrambled eggs	Scalloped brains	Steamed rice
Toast and butter	Mashed potatoes	Broccoli w/Holland- aise sauce
Coffee, tea or milk	Spinach	Sliced fruit
	St. Patricks ice cream	Toast and butter
	Shamrock cookies	Coffee, tea or milk
	Toast and butter	
	Coffee, tea or milk	

#### Regular Diets

Dry cereal	Breadsticks	Chicken fricassee with dumplings
Kadota figs	Vegetable soup	Steamed rice
Hot cakes	Baked Virginia ham	Lettuce and asparagus
Link sausage	Raisin sauce	Mayonnaise
Maple syrup	Mashed potatoes	Sliced fruit
Toast and butter	Spinach	Bread and butter
Coffee and milk	Pumpkin pie	Coffee and milk
	Bread and butter	
	Coffee and milk	

## DIET MANUAL

### OFFICERS MESS

Tuesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Ice cream  
Coffee, tea or milk

##### Supper

Chicken broth  
Custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Grapefruit  
Oatmeal  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Vegetable soup with  
breadsticks  
Scrambled brains and  
eggs  
Mashed potatoes  
Glazed fresh carrots  
Avocado salad with  
Cream dressing  
St. Patricks ice cream  
Shamrock cookies  
Toast and butter  
Coffee, tea or milk

Chicken gumbo soup  
with crackers  
Creamed chicken on  
toast  
Steamed rice  
Broccoli W/ Hollandaise  
sauce  
Squash custard  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Grapefruit  
Oatmeal or choice  
of dry cereal  
Hot cornbread w/jam  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Vegetable soup with  
breadsticks  
Virginia baked ham  
w/mince meat sauce  
Mashed potatoes  
Glazed fresh carrots  
Jewel salad with  
mayonnaise  
Ripe olives  
Bread and butter  
Buttermilk  
St. Patricks ice cream  
Shamrock cookies  
Coffee, tea or milk

Chicken gumbo soup  
with crackers  
Chicken a la king in  
pattie shells  
Steamed rice  
Broccoli w/Hollandaise  
sauce  
Celery hearts and ripe  
olives  
Pumpkin pie w/whipped  
cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Wednesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Jello  
Coffee, tea or milk

##### Supper

Clear soup  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Baked apples  
Cooked cereal  
Coddled eggs  
Toast and butter  
Coffee, tea or milk

Barley soup  
Fluffed meat balls  
Boiled potatoes  
Fresh asparagus tips  
Prune whip  
w/whipped cream  
Toast and butter  
Coffee, tea or milk

Mushroom soup  
Philadelphia cream  
cheese  
Mashed potatoes  
Buttered carrots and  
peas  
Floating island  
pudding  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Baked apples  
Fried eggs  
French diced potatoes  
Toast and butter  
Jam  
Coffee and milk

Croutons  
Barley soup  
Boiled corned beef  
Boiled potatoes  
Boiled cabbage  
Boiled rutabagas  
Prune whip  
Whipped cream  
Bread and butter  
Coffee and milk

Raviolas  
Mushroom sauce  
Short ribs of beef  
Gravy  
Wilted lettuce  
Stollen  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Wednesday

#### Liquid Diets

Breakfast	Dinner	Supper
Fruit juice	Strained soup	Clear soup
Cereal gruel	Jello	Fruit juice
Coffee, tea or milk	Coffee, tea or milk	Coffee, tea or milk

#### Light Diets

Orange juice	Barley soup w/croutons	Mushroom soup
Apple sauce	Scalloped fresh oysters	Creamed sweetbreads
Flaked wheat	Mashed potatoes	on toast
Coddled eggs	Fresh asparagus tips	Mashed potatoes
Crisp bacon	Star salad w/ boiled	Spinach and egg
Toast and butter	dressing	Stuffed date salad
Coffee, tea or milk	Prune whip	w/boiled dressing
	Lady fingers	Floating island pudding
	•Toast and butter	Toast and butter
	Coffee, tea or milk	Coffee, tea or milk

#### Regular Diets

Orange juice	Barley soup w/croutons	Mushroom soup
Apple sauce	Roast loin of pork	Breaded veal cutlets
Flaked wheat or choice	w/apple sauce	Chili sauce
of dry cereals	Mashed sweet potatoes	Mashed potatoes
Waffles with syrup or	Fresh asparagus tips	Spinach and egg
honey	Star salad w/boiled	Stuffed date salad
Crisp bacon	dressing	w/boiled dressing
Toast and butter	Prune whip	Floating island
Coffee, tea or milk	Lady fingers	pudding
	Buttermilk	Buttermilk
	Bread and butter	Bread and butter
	Coffee, tea or milk	Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Consomme  
Ice cream  
Coffee, tea or milk

##### Supper

Broth  
Custard  
Coffee, tea or milk

#### Light Diets

Bananas  
Cream of Wheat  
Poached eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Split pea soup  
Cheese fondue  
Mashed potatoes  
Baked eggplant  
Peach sherbet  
Toast and butter  
Coffee, tea or milk

Consomme  
Fish cakes  
Creamed potatoes  
Buttered beets  
Sliced fruit  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Bananas  
French toast  
Crisp bacon  
Syrup  
Toast and butter  
Coffee and milk

Croutons  
Split pea soup  
Roast beef  
Brown gravy  
Mashed potatoes  
Succotash  
Apricot pie  
Bread and butter  
Coffee and milk

Macaroni and cheese  
Spanish meat balls  
Combination salad  
Mayonnaise  
Sliced fruit  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Consomme  
Ice cream  
Coffee, tea or milk

##### Supper

Broth  
Custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Plums  
Cream of wheat  
Poached eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Split pea soup w/croutons  
Broiled tenderloin steak  
Mashed potatoes  
Eggplant and tomatoes  
Grapefruit and orange  
salad  
Boiled dressing  
Sliced apricots  
Toast and butter  
Coffee, tea or milk

Consomme a la royale  
Broiled lamb chops  
Mint jelly  
Creamed potatoes  
Pineapple and cottage  
cheese salad w/  
mayonnaise  
Vanilla ice cream  
Nabiscos  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Plums  
Cream of wheat or  
dry cereal  
French toast w/  
syrup  
Crisp bacon  
Bread and butter  
Coffee, tea or milk

Split pea soup  
Croutons  
Rib roast of beef  
Brown gravy  
Mashed potatoes  
Spanish eggplant  
Grapefruit and apple  
salad w/boiled  
dressing  
Apricot pie  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Consomme a la royale  
Broiled lamb chops  
Mint jelly  
Creamed potatoes  
Harvard beets  
Pineapple and cottage  
cheese salad  
Vanilla ice cream  
Nabiscos  
Bread and butter  
Buttermilk  
Coffee, tea or milk



## DIET MANUAL

### GENERAL MESS

Friday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Custard  
Coffee, tea or milk

##### Supper

Strained chicken soup  
Jello  
Coffee, tea or milk

#### Light Diets

Stewed rhubarb  
Oatmeal  
Soft boiled eggs  
Toast and butter  
Coffee, tea or milk

Breadsticks  
Clam chowder  
Baked halibut  
Lemon butter sauce  
Buttered parsley  
potatoes  
Buttered string beans  
Rice pudding  
Toast and butter  
Coffee, tea or milk

Chicken rice soup  
Scalloped chicken with  
mushrooms  
Baked potato  
Broccoli w/Holland-  
aise sauce  
Fruit jello w/whipped  
cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Stewed rhubarb  
Soft boiled eggs  
Hot biscuits  
Honey  
Toast and butter  
Coffee and milk

Breadsticks  
Clam chowder  
Fried filet of sole  
Tartar sauce  
Buttered parsley  
potatoes  
String beans  
Rice pudding w/lemon  
sauce  
Bread and butter  
Coffee and milk

Breaded veal cutlets  
Cream gravy  
French baked potatoes  
Sliced tomatoes  
Jelly rolls  
Bread and butter  
Coffee and milk

# DIET MANUAL

## OFFICERS MESS

Friday

### Liquid Diets

#### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

#### Dinner

Clear soup  
Custard  
Coffee, tea or milk

#### Supper

Strained chicken soup  
Jello  
Coffee, tea or milk

### Light Diets

Orange juice  
Rhubarb  
Oatmeal  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Clam chowder  
Breadsticks  
Halibut w/lemon butter sauce  
Buttered parsley potatoes  
Fresh string beans  
Banana salad w/boiled dressing  
Fresh pineapple  
Lady fingers  
Toast and butter  
Coffee, tea or milk

Chicken rice soup  
Crackers  
Scalloped chicken with mushrooms  
Baked potatoes  
Broccoli with Hollandaise sauce  
Fruit jello with whipped cream  
Toast and butter  
Coffee, tea or milk

### Regular Diets

Orange juice  
Rhubarb  
Oatmeal or dry cereal  
Hot biscuits  
Orange jelly  
Crisp bacon  
Eggs to order  
Coffee, tea or milk

Clam chowder with breadsticks  
Broiled salmon with tartar sauce  
Buttered parsley potatoes  
Fresh string beans  
Banana nut salad with boiled dressing  
Fresh pineapple  
Lady fingers  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Chicken rice soup  
Crackers  
Breaded veal cutlets w/chili sauce  
Lyonnaise potatoes  
Broccoli with Hollandaise sauce  
Sliced tomatoes with mayonnaise  
Fruit jello with whipped cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Saturday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Fruit juice  
Coffee, tea or milk

##### Supper

Clear soup  
Jello  
Coffee, tea or milk

#### Light Diets

Apple sauce  
Cooked cereal  
Poached eggs  
Toast and butter  
Coffee, tea or milk

Bean soup  
Broiled lamb chops  
Boiled potatoes  
Baked squash  
Chocolate marshmallow  
pudding  
Toast and butter  
Coffee, tea or milk

Noodle soup  
Scrambled brains and  
eggs  
Mashed potatoes  
Buttered carrots  
Bananas  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Fresh apple  
Country sausage  
Fried potatoes  
Toast and butter  
Coffee and milk

Bean soup  
Croutons  
Baked spare ribs  
Spanish sauce  
Boiled potatoes  
Sauerkraut  
Chocolate cream pie  
Bread and butter  
Coffee and milk

Hot roast beef sand-  
wich  
Brown gravy  
Mashed potatoes  
Hearts of lettuce  
French dressing  
Bananas  
Bread and butter  
Coffee and milk



Pages 243-244 missing

## DIET MANUAL

### OFFICERS MESS

Sunday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Peach ice cream  
Coffee, tea or milk

##### Supper

Strained soup  
Custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Grapefruit  
Cream of Wheat  
Poached eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Cream tomato soup and  
crackers  
Baked squab with gravy  
Currant jelly  
Mashed potatoes  
Buttered new peas  
Peach ice cream  
Sugar cookies  
Toast and butter  
Coffee, tea or milk

Scotch barley broth  
Tuna fish timbale  
Mashed sweet potatoes  
Buttered spinach  
Apple tapioca pudding  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Grapefruit  
Cream of Wheat or  
dry cereal  
Hot corn bread and  
jam  
Broiled ham  
Eggs to order  
Toast and butter  
Coffee, tea or milk

Creamed tomato soup  
Baked stuffed squab  
with gravy  
Currant jelly  
Mashed potatoes  
Buttered new peas  
Celery hearts and green  
olives  
Special ice cream  
Sugar cookies  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Scotch barley broth  
with crackers  
Baked ham with mince-  
meat sauce  
Buttered spinach  
Perfection salad with  
boiled dressing  
Apple tapioca pudding  
Bread and butter  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Jello  
Coffee, tea or milk

##### Supper

Clear soup  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Stewed prunes  
Cooked cereal  
Scrambled eggs  
Toast and butter  
Jelly  
Coffee, tea or milk

English broth  
Small broiled steaks  
Buttered diced potatoes  
Italian squash  
Fruit jello with whipped  
cream

Toast and butter  
Coffee, tea or milk

Corn chowder  
Artichokes with  
butter sauce  
Steamed rice  
Buttered string  
beans  
Sliced fruit  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Cooked cereal  
Stewed prunes  
Creamed beef on  
toast  
Toast and butter  
Jelly  
Coffee and milk

Croutons  
English broth  
Italian spaghetti  
Hungarian goulash  
Italian squash  
Fruit jello  
Whipped cream  
Bread and butter  
Coffee and milk

Individual chicken  
pies  
Steamed rice  
Shredded lettuce  
French dressing  
Sliced fruit  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Monday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Broth  
Jello  
Coffee, tea or milk

##### Supper

Clear soup  
Fruit juice  
Coffee, tea or milk

#### Light Diets

Orange juice  
Prunes  
Oatmeal  
Scrambled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

English broth with  
croutons  
Broiled tenderloin  
steaks  
Mushrooms  
Buttered diced potatoes  
Italian squash  
Star salad with boiled  
dressing  
Floating island pudding  
Toast and butter  
Coffee, tea or milk

Corn chowder with  
crackers  
Creamed chicken on  
toast  
Steamed rice  
Buttered string beans  
Fruit cup  
Nabiscos  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Oatmeal or choice  
of dry cereal  
Prunes  
Buttermilk hot cakes  
with syrup or honey  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

English broth with  
croutons  
Broiled T-bone steaks  
Buttered diced potatoes  
Mushrooms  
Italian squash  
Star salad with boiled  
dressing  
Floating island pudding  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Corn chowder with  
crackers  
Chicken a la king in  
pattie shells  
Steamed rice  
Corn on the cob  
Tomato aspic salad w/  
mayonnaise  
Fruit cup  
Nabiscos  
Bread and butter  
Buttermilk  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Tuesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Orange ice  
Coffee, tea or milk

##### Supper

Broth  
Jello  
Coffee, tea or milk

#### Light Diets

Bananas  
Flaked wheat  
Coddled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Breadsticks  
Oxtail soup  
Roast lamb with gravy  
Mint jelly  
Mashed potatoes  
Glazed carrots  
Orange ice  
Cookies  
Toast and butter  
Coffee, tea or milk

Cream celery soup  
Scalloped sweet breads  
Creamed potatoes  
Baked eggplant  
Pineapple Bavarian  
cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Bananas  
French toast  
Syrup  
Crisp bacon  
Toa st and butter  
Coffee and milk

Breadsticks  
Oxtail soup  
Roast lamb  
Brown gravy  
Mashed potatoes  
Mint jelly  
Fresh apples  
Bread and butter  
Coffee and milk

Baked veal loaf  
Tomato sauce  
Lyonnaise potatoes  
Cole slaw  
Snails  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Tuesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Strained soup  
Orange ice  
Coffee, tea or milk

##### Supper

Broth  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Sliced bananas  
Flaked wheat  
Coddled eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Breadsticks  
Oxtail soup  
Roast leg of lamb  
Gravy  
Mint jelly  
Mashed potatoes  
Artichokes with holland-  
aise sauce  
Fruit salad with boiled  
dressing  
Orange ice and cookies  
T oast and butter  
Coffee, tea or milk

Cream celery soup  
Crackers  
Broiled sweetbreads  
Creamed potatoes  
Buttered lima beans  
Pineapple Bavarian  
cream  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Bananas  
Flaked wheat or  
dry cereal  
Waffles with syrup  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Oxtail soup and  
breadsticks  
Roast leg of lamb  
Gravy  
Mint jelly  
Browned potatoes  
Artichokes with Holland-  
aise sauce  
Fruit salad with boiled  
dressing  
Orange ice  
Cookies  
Buttermilk  
Bread and butter  
Coffee, tea or milk

Cream of celery soup  
Crackers  
Broiled hamburger  
steaks with catsup  
Hashed brown potatoes  
Buttered lima beans  
Radishes and green  
onions  
Sweet pickles  
Pineapple Bavarian  
cream  
Buttermilk  
Bread and butter  
Coffee, tea or milk



## DIET MANUAL

### GENERAL MESS

Wednesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Custard  
Coffee, tea or milk

##### Supper

Strained soup  
Jello  
Coffee, tea or milk

#### Light Diets

Apple sauce  
Scrambled eggs  
Toast and butter  
Coffee, tea or milk

Barley soup  
Broiled beef cakes  
Baked potatoes  
Buttered peas  
Baked peaches and marsh-  
mallows  
Toast and butter  
Coffee, tea or milk

Crackers  
Julienne soup  
Baked chicken and rice  
Mashed squash  
Lemon sponge  
Custard sauce  
Toast and butter  
Coffee, tea or milk

#### REGULAR DIETS

Cooked cereal  
Apple sauce  
Ham omelette  
Toast and butter  
Jam  
Coffee and milk

Croutons  
Barley soup  
Pot roast of beef  
Brown gravy  
Baked potatoes  
Dumplings  
Swiss chard  
Peach turnovers  
Bread and butter  
Coffee and milk

Chili concarne  
French fried potatoes  
Lettuce  
Cottage cheese and  
pear salad with  
mayonnaise  
Apples  
Bread and butter  
Coffee and milk

## DIET MANUAL

### OFFICERS MESS

Wednesday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Custard  
Coffee, tea or milk

##### Supper

Strained soup  
Jello  
Coffee, tea or milk

#### Light Diets

Orange juice  
Apple sauce  
Cream of Wheat  
Poached eggs  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Barley soup and  
croutons  
Escalloped fresh  
oysters  
Boiled potatoes  
Buttered carrots  
Custard  
Toast and butter  
Coffee, tea or milk

Julienne soup and  
crackers  
Broiled tenderloin  
steaks  
Buttered parsley  
potatoes  
Baked squash  
Buttered lima beans  
Pineapple Bavarian  
cream  
Toast and butter  
Coffee, tea or milk

#### REGULAR DIETS

Orange juice  
Apple sauce  
Cream of Wheat or  
choice of dry  
cereal  
Snails  
Sausages  
Eggs to order  
Toast and butter  
Coffee, tea or milk

Barley soup and  
croutons  
Stuffed baked pork  
chops  
Fresh apple rings  
Brown potatoes  
Escalloped cauliflower  
Carrot and raisin  
salad w/boiled  
dressing  
Peach turnover and  
whipped cream  
Bread and butter  
Coffee, tea or milk

Julienne soup and  
crackers  
Baked Swiss steak  
with gravy  
Buttered parsley  
potatoes  
Head lettuce with  
French dressing  
Lemon snow with  
custard sauce  
Bread and butter  
Buttermilk  
Coffee, tea or milk

## DIET MANUAL

### GENERAL MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal Gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Jello  
Coffee, tea or milk

##### Supper

Tomato bouillon  
Custard  
Coffee, tea or milk

#### Light Diets

Oranges  
Oatmeal  
Poached Eggs  
Toast and butter  
Coffee, tea or milk

Breadsticks  
Puree of lima bean  
soup  
Scalloped brains  
Boiled potatoes  
Baked zucchini  
Jello w/whipped cream  
Toast and butter  
Coffee, tea or milk

Tomato bouillon  
Creamed eggs on toast  
Steamed rice  
Fresh green asparagus  
Prune whip  
Lady fingers  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Dry cereal  
Oranges  
Hot cakes  
Link sausage  
Maple syrup  
Toast and butter  
Coffee and milk

Breadsticks  
Puree of lima bean soup  
Boiled corned beef  
Boiled cabbage  
Boiled onions  
Boiled potatoes  
Apple pie  
American cheese  
Bread and butter  
Coffee and milk

Grilled pork chops  
Cream gravy  
Fried potatoes  
Hearts of lettuce  
French dressing  
Bananas  
Bread and butter  
Coffee and milk



## DIET MANUAL

### OFFICERS MESS

Thursday

#### Liquid Diets

##### Breakfast

Fruit juice  
Cereal gruel  
Coffee, tea or milk

##### Dinner

Clear soup  
Jello  
Coffee, tea or milk

##### Supper

Tomato bouillon  
Custard  
Coffee, tea or milk

#### Light Diets

Orange juice  
Apricots  
Oatmeal  
Scrambled eggs  
Crisp bacon,  
Toast and butter  
Coffee, tea or milk

Puree of lima bean soup  
Breadsticks  
Scrambled eggs and brains  
Mashed potatoes  
Italian squash  
Avocado and grapefruit  
French dressing  
Jello w/whipped cream  
Toast and butter  
Coffee, tea or milk

Tomato bouillon  
Crackers  
Cream chicken on toast  
Macaroni au gratin  
Green asparagus  
Prune whip  
Lady fingers  
Toast and butter  
Coffee, tea or milk

#### Regular Diets

Orange juice  
Figs  
Oatmeal or choice  
of dry cereal  
French toast  
w/ syrup or honey  
Eggs to order  
Crisp bacon  
Toast and butter  
Coffee, tea or milk

Puree lima bean soup  
Rib roast of beef  
Brown gravy  
Franconia potatoes  
Italian squash  
Avocado and grapefruit  
French dressing  
Apple pie w/cheese  
Bread and butter  
Buttermilk  
Coffee, tea or milk

Tomato bouillon  
Baked stuffed green  
peppers  
Macaroni au gratin  
Green asparagus  
Waldorf salad with  
boiled dressing  
Prune whip  
Lady fingers  
Bread and butter  
Buttermilk  
Coffee, tea or milk



...SPECIAL MENUS...

-for-

SOFT DIET

CONVALESCENT ULCER DIETS

HIGH CALORIC DIET

HIGH CALORIC HIGH VITAMIN

DENTAL SOFT DIETS

ANTICONSTIPATION DIET

PERNICIOUS ANEMIA DIET

LOW FAT DIET

CARDIOVASCULAR-RENAL DIET (Nephritic)

LOW PURINE DIET

LOW SALT-ANTICONSTIPATION DIET

HIGH CALORIC-HIGH VITAMIN-LOW RESIDUE DIET

DENTAL HIGH CALORIC-HIGH VITAMIN DIET

BLAND DIET

TUBERCULOSIS DIETS - Regular - Enteric and Laryngeal



## DIET MANUAL

### CHAPTER XXXX

#### SPECIAL DIET MENUS

Below are some special diet menus. Total calories, and other essential terms necessary in ordering diets have been omitted for they will serve no useful purpose. These diets do not begin to cover the field of special diets, but are sufficient to show variations.

#### SOFT DIETS

Breakfast	Dinner	Supper
Pureed fruit	Soup	Soup
Flaked Wheat	Celery root timbale	Scalloped brains
Butter	Rice	Baked potato
Eggs	Pureed squash	Pureed carrots
Toast	Toast	Toast
Milk-cream	Butter	Butter
	Milk	Milk
	Pumpkin custard	Lemon snow w/custard sauce
Oranges	Soup	Soup
Cream of Wheat	Cottage cheese timbale	Cream chicken
Eggs	Baked potato	Steamed rice
Toast	Pureed summer squash	Buttered asparagus tips
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk	Milk
	Floating island pudding	Peach ice cream
		Lady fingers
Pureed fruit	Soup	Cream celery soup
Cooked cereal	Cream sweetbreads	Egg souffle
Eggs	Baked potato	Puree of buttered peas
Toast	Fresh asparagus tips	Mashed potato
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk	Milk-cream
	Bread pudding	Chocolate sponge
	Caramel sauce	
Baked banana	Soup	Cream celery soup
Flaked Wheat	Broiled fish w/lemon	Cottage cheese
Eggs	Cream potato	Steamed rice
Toast	Pureed spinach	Pureed beets
Tubber	Toast	Toast
Milk-cream	Butter	Butter
	Milk	Milk
	Bread pudding	Date custard
	Sauce	

# DIET MANUAL

## SOFT DIETS

### Breakfast

Grapefruit juice  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cooked cereal  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk cream

Pureed fruit  
Cooked cereal  
Eggs  
Toast  
Butter  
Milk-cream  
Jelly

Pureed fruit  
Oatmeal  
Eggs  
Toast  
Butter  
Milk-cream

### Dinner

Soup  
Lima bean timbale  
Mashed potato  
Pureed carrots  
Toa st  
Butter  
Milk  
Spanish cream

Soup  
Pureed peas  
Boiled potato  
Pureed carrot timbale  
Toast  
Butter  
Milk  
Apple crisp

Soup  
Fresh asparagus tips  
Mashed potato  
Celery root timbale  
Toast  
Butter  
Milk  
Prune whip

Soup  
Broiled chicken  
Mashed potato  
Puree of buttered peas  
Toast  
Butter  
Milk  
Orange sherbet

Soup  
Fresh asparagus tips  
Creamed potato  
Pureed squash  
Toast  
Butter  
Milk  
Baked banana

### Supper

Soup  
Creamed sweetbreads  
on toast  
Baked potato  
Mashed squash  
Toast  
Butter  
Milk  
Jello with whipped cream

Soup  
Scrambled eggs and brains  
Mashed potato  
Fresh asparagus tips  
Toast  
Butter  
Milk  
Apricot puree

Soup  
Philadelphia cream cheese  
on toast  
Mashed potato  
Pureed spinach  
Toast  
Butter  
Milk  
Floating island pudding

Soup  
Cream tuna fish on toast  
Mashed potato  
Artichokes w/sauce  
Toast  
Butter  
Milk  
Baked banana

Soup  
Creamed eggs  
Mashed potato  
Pureed beets  
Toast  
Butter  
Milk  
Spanish cream

# DIET MANUAL

## SOFT DIETS

### Breakfast

Baked banana  
Cooked cereal  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cooked cereal  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cooked cereal  
Eggs  
Toast  
Butter  
Milk-cream

Pureed prunes  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Baked apple  
Cooked cereal  
Eggs  
Toast  
Butter  
Milk-cream

### Dinner

Noodle soup  
Creamed chicken on toast  
Mashed potato  
Fresh asparagus tips  
Toast  
Butter  
Milk  
Orange ice  
Lady fingers

Soup  
Baked halibut w/lemon  
Creamed potato  
Pureed carrots  
Toast  
Butter  
Milk  
Rice pudding  
Fruit sauce

Soup  
Roast chicken  
Mashed potato  
Buttered peas  
Toast  
Butter  
Milk  
Vanilla ice cream

Soup  
Eggplant timbale  
Steamed rice  
Pureed parsnips  
Toast  
Butter  
Milk  
Peach tapioca pudding

Strained soup  
Cheese fondue  
Mashed potato  
Pureed string beans  
Toast  
Butter  
Milk  
Baked peaches with  
marshmallows

### Supper

Strained soup  
Creamed tuna fish  
Duchess potatoes  
Pureed squash  
Toast  
Butter  
Milk  
Spanish cream

Strained soup  
Creamed eggs  
Whipped potato  
Pureed squash  
Toast  
Butter  
Milk  
Jello

Soup  
Tuna timbale  
Mashed sweet potato  
Pureed lima beans  
Toast  
Butter  
Milk  
Oranges

Soup  
Egg and brains  
Baked potato  
Pureed carrots  
Toast  
Butter  
Milk  
Orange delight

Strained soup  
Creamed eggs  
Mashed potatoes  
Pureed spinach  
Toast  
Butter  
Milk  
Prune whip



# DIET MANUAL

## CONVALESCENT ULCER DIETS

Breakfast	Dinner	Supper
Pureed fruit	Creamed soup	Creamed soup
Cream of Wheat	Cottage cheese	Poached eggs on toast
Eggs	Spinach timbale	Steamed rice
Toast	Creamed potato	Pureed squash
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk-cream	Milk cream
	Banana custard	Pineapple Bavarian cream
Baked banana	Creamed soup	Creamed soup
Flaked Wheat	Cottage cheese	Creamed eggs
Eggs	Mashed potato	Rice
Toast	Pureed spinach	Pureed beets
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk-cream	Milk-cream
	Vanilla ice cream	Date custard
Pureed fruit	Creamed soup	Creamed soup
Flaked Wheat	Celery root timbale	Cheese souffle
Eggs	Steamed rice	Baked potato
Toast	Pureed squash	Pureed buttered carrots
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk-cream	Milk-cream
	Pumpkin custard	Lemon snow with custard sauce
Pureed fruit	Creamed soup	Creamed soup
Oatmeal	Philadelphia creamed cheese on toast	Artichoke with buttered sauce
Eggs	Mashed sweet potato	Eggplant timbale
Toast	Pureed buttered peas	Mashed potato
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk-cream	Milk-cream
	Vanilla ice cream	Baked banana
Pureed fruit	Creamed soup	Creamed soup
Cream of Wheat	Cottage cheese timbale	Creamed eggs
Eggs	Mashed potato	Baked potato
Toast	Pureed carrots	Pureed summer squash
Butter	Toast	Toast
Milk-cream	Butter	Butter
	Milk-cream	Milk-cream
	Peach Bavarian cream	Whipped jello

See Convalescent Ulcer Diet instructions for mid-meal nourishments.

# DIET MANUAL

## CONVALESCENT ULCER DIETS

### Breakfast

Baked apple  
Cream of wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Eggs  
Toast-butter  
Milk-cream

### Dinner

Cream soup  
Parsnip timbale  
Mashed potato  
Puree string beans  
Toast  
Butter  
Milk-cream  
Baked peaches with marsh-  
mallows

Creamed soup  
Fresh asparagus tips  
Mashed potato  
Celery root timbale  
Toast  
Butter  
Cream-milk  
Prune whip

Creamed soup  
Artichoke w/butter sauce  
Mashed potato  
Puree of buttered string  
beans  
Toast  
Butter  
Milk-cream  
Apricot Davaian Cream

Creamed soup  
Asparagus tips  
Puree squash souffle  
Steamed rice  
Toast  
Butter  
Milk-cream  
Custard

Creamed soup  
Carrot timbale  
Mashed potato  
Pureed zucchini  
Toast-butter  
Milk-cream  
Jello w/whipped cream

### Supper

Cream soup  
Creamed eggs  
Mashed potato  
Pureed spinach  
Toast  
Butter  
Milk-cream  
Prune whip

Creamed soup  
Philadelphia cream  
cheese on toast  
Mashed potato  
Pureed spinach  
Toast  
Butter  
Milk-cream  
Floating island  
pudding

Creamed soup  
Poached eggs on toast  
Steamed rice  
Pureed buttered carrots  
Toast-butter  
Milk-cream  
Caramel custard

Creamed soup  
Egg souffle  
Pureed buttered carrots  
Mashed potato  
Toast-butter  
Milk-cream  
Caramel Spanish cream

Creamed soup  
Creamed eggs  
Fresh asparagus tips  
Steamed rice  
Toast-butter  
Milk-cream  
Prune whip

# DIET MANUAL

## CONVALESCENT ULCER DIETS

### Breakfast

Pureed prunes  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Eggs  
Toast  
Butter  
Milk-cream

Pureed fruit  
Cream of Wheat  
Scrambled eggs  
Toast  
Butter  
Milk-cream

### Dinner

Creamed soup  
Egg plant timbale  
Steamed rice  
Pureed beets  
Toast  
Butter  
Milk-cream  
Peach tapioca pudding

Creamed soup  
Savory custard  
Mashed potato  
Pureed peas  
Toast  
Butter  
Milk-cream  
Vanilla ice cream

Creamed soup  
Celery root timbale  
Steamed potatoes  
Pureed beets  
Steamed Scotch pudding  
w/whipped cream  
Toast  
Butter  
Milk-cream

### Supper

Creamed soup  
Artichoke w/butter sauce  
Pureed carrots  
Baked potato  
Toast  
Butter  
Milk-cream  
Orange delight

Creamed soup  
Pureed lima bean timbale  
Mashed sweet potatoes  
Pureed buttered squash  
Toast  
Butter  
Milk-Cream  
Baked apple w/whipped  
cream

Creamed soup  
Cottage cheese timbale  
Steamed rice  
Pureed carrots  
Pureed nectarines  
Toast  
Butter  
Milk-cream



# DIET MANUAL

## HIGH CALORIC DIET

### Breakfast

Figs  
Cooked cereal  
(large order)  
Eggs  
Sausage  
Toast - 2 slices  
Butter - 2 squares  
Milk-cream  
Jelly

Sliced peaches  
Flaked wheat  
Eggs - bacon  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Preserves

Oranges  
Cooked cereal  
Eggs - bacon  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Jam or jelly

Fresh fruit  
Cream of wheat  
Eggs  
Crisp bacon  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Jam

### Dinner

Fish chowder  
Crackers  
Fried fish  
Tartar sauce  
Creamed potato  
Buttered carrots  
Candle salad  
Mayonnaise  
Toast - 2 slices  
Butter - 2 squares  
Milk 3/4-cream 1/4  
Rice pudding w/fruit sauce

Oxtail soup  
Broiled lamb chops  
Steamed rice  
Italian squash  
Jewel salad  
Mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Spice cake w/whipped  
cream

Soup  
Swiss steak  
Creamed potato  
Swiss chard  
Combination vegetable  
salad-mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Fresh banana  
Jam

Soup  
Roast beef  
Gravy  
Baked potato w/butter  
Buttered summer squash  
Pear-apricot salad  
Boiled dressing  
Toast - 2 slices  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Floating island pudding

### Supper

Scotch barley broth  
Hot roast beef  
sandwich  
Whipped potato  
Buttered summer squash  
Wilted lettuce  
Toast 2 slices  
Butter 2 squares  
Milk 3/4-cream 1/4  
Jam

Noodle soup  
Scalloped brains  
Baked potato  
Buttered diced carrots  
Lettuce-asparagus  
salad  
Mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Sliced fruit

Creamed pea soup  
Chicken croquettes  
Giblet gravy  
Steamed rice  
Baked squash  
Sliced tomato  
Toast 2 slices  
Butter 2 squares  
Milk 3/4-cream 1/4  
Sliced fruit

Cream tomato soup  
Chicken a la king  
Steamed rice  
Buttered asparagus  
Artichoke salad  
Mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk 3/4-cream 1/4  
Peach ice cream  
Lady fingers

# DIET MANUAL

## HIGH CALORIC DIET

### Breakfast

Stewed rhubarb  
Cooked cereal  
(large order)  
Eggs  
Crisp bacon  
Toast - 2 slices  
Butter - 2 squares  
Milk-cream  
Jam

Fresh fruit  
Flaked wheat  
Eggs  
Fried ham steak  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Jelly

Grapefruit juice  
Cream of wheat  
Eggs  
Bacon  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Jam

Baked apple  
Cooked cereal  
Eggs  
Bacon  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Preserves

### Dinner

Soup  
Small broiled steak  
Boiled potato  
Glazed carrots  
Perfection salad  
Mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Apple crisp  
Honey

Clam chowder  
Fried fish w/tartar  
sauce  
Creamed potato  
Spinach  
Pineapple-candle salad  
Mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Bread pudding  
Lemon sauce  
Jam

Soup  
Swiss steak  
Mashed potato  
Buttered lima beans  
Mixed fruit salad  
Boiled dressing  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Angel food cake

Vegetable soup  
Roast veal w/gravy  
Mashed potatoes  
(large order)  
String beans  
Tomato and lettuce salad  
1000 island dressing  
Graham toast  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Pear au gratin

### Supper

Vegetable soup  
Grilled pork chops  
Mashed potato  
Fresh asparagus tips  
Shredded lettuce  
Dressing  
Toast 2 slices  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Apricots  
Jelly roll

Creamed celery soup  
Individual chicken pie  
Steamed rice  
Buttered beets  
Sliced tomato salad  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Date custard

Julienne soup  
Meat croquettes  
Cream gravy  
Baked potatoes  
Combination vegetable  
salad  
Mayonnaise  
Toast 2 slices  
Butter 2 squares  
Milk-cream  
Sliced fruit

Mock turtle soup  
Baked beef loaf w/gravy  
Mashed potatoes  
(large order)  
Spinach w/ lemon  
Hearts of lettuce  
French dressing  
Graham toast  
Butter 2 squares  
Milk or buttermilk  
Prune whip

# DIET MANUAL

## HIGH CALORIC HIGH VITAMIN DIETS

Breakfast	Dinner	Supper
Tomato juice	Soup	Soup
Grapefruit	Crackers	Crackers
Cream of Wheat	Broiled lamb chops	Hot roast beef w/gravy
Eggs-bacon	Boiled potatoes	Mashed potato
Graham toast	Baked squash	(large order)
Butter 2 squares	Vegetable salad	Buttered carrots
Milk-cream	Mayonnaise	Hearts of lettuce
	Graham bread	French dressing
10:00 A.M.	Butter 2 squares	Graham bread
	Milk $3/4$ and cream $1/4$	Butter - 2 squares
2 fresh oranges	Pears (large order)	Milk $3/4$ and cream $1/4$
		Banana
	3:00 P.M.	
	Orange juice	9:00 P.M.
		Eggnog
Fresh fruit	Clam chowder	Cream celery soup
Flaked wheat	Fried fish	Individual chicken pie
Eggs	Tartar sauce	Steamed rice
Ham steak	Creamed potatoes	Buttered beets
Graham toast	Spinach (large order)	Sliced tomato salad
Butter 2 squares	Candle salad	Toast, graham
Milk-cream	Mayonnaise	Butter 2 squares
	Graham toast	Milk $3/4$ and cream $1/4$
10:00 A.M.	Butter - 2 squares	Date custard
Tomato juice	Milk or buttermilk	
	Bread pudding	9:00 P.M.
		Orange juice
	3:00 P.M.	
	Eggnog	
Banana	Oxtail soup	Creamed pea soup
Grapefruit	Breadsticks	Fried oysters
Cooked cereal	Small broiled steaks	Tomato sauce
Eggs-bacon	Boiled potatoes	Boiled potato
Graham toast	Buttered diced carrots	Artichoke w/Holland-
Butter 2 squares	Combination vegetable	aise sauce
Milk-cream	salad	Graham toast
	Mayonnaise	Butter 2 squares
10:00 A.M.	Graham toast	Milk or buttermilk
Tomato juice	Butter 2 squares	Sliced fruit
	Milk or buttermilk	Shredded lettuce
	Pineapple Bavarian	French dressing
	cream	
	Fresh orange	9:00 P.M.
		Hot chocolate
	3:00 P.M.	
	Orange juice	



# DIET MANUAL

## HIGH CALORIC HIGH VITAMIN DIETS

Breakfast	Dinner	Supper
Sliced oranges	Soup	Vegetable soup
Cooked cereal	Crackers	Grilled pork chops
Eggs-bacon	Small broiled steak	Mashed potato
Graham toast	Boiled potato	Fresh asparagus tips
Butter - 2 squares	Glazed carrots	Shredded lettuce
Milk-cream	Perfection salad	Graham toast
Jam	Mayonnaise	Butter 2 squares
10:00 A.M.	Graham toast	Milk 3/4 cream 1/4
Tomato juice	Butter 2 squares	Jelly roll
	Milk or buttermilk	Apricots
	Apple pie, cheese	9:00 PM
	3:00 P.M.	Cocoa w/buttered graham
	Orange juice	toast
Stewed prunes	Cream tomato soup	Scotch barley broth
Grapefruit	Roast pork, gravy	Creamed tuna fish on toast
Cooked cereal	Mashed potato	Mashed potato
Eggs-bacon	Buttered peas	Artichoke with Hollandaise
Graham toast	Philadelphia cream	sauce
Butter 2 squares	cheese	Sliced tomato salad
Milk-cream	Fruit cocktail	Mayonnaise
Jelly	Graham toast	Graham toast
10:00 A.M.	Butter 2 squares	Butter 2 squares
Tomato juice	Milk or buttermilk	Milk 3/4 cream 1/4
	Orange sherbet	Fresh fruit
	Cookies	9:00 P.M.
	3:00 P.M.	Tomato juice
	Eggnog	
Oranges 2	Soup	Soup
Cooked cereal	Swiss steak	Chicken croquettes
Eggs-crisp bacon	Creamed potato	Giblet gravy
graham toast	Chard	Steamed rice
Butter 2 squares	Combination salad	Baked squash
Milk-cream	Mayonnaise	Sliced tomato
Milk-cream	Graham toast	Butter 2 squares
Jelly	Butter 2 squares	Graham toast
10:00 A.M.	Milk or buttermilk	Milk 3/4 cream 1/4
Orange juice	Sliced banana with	Sliced fruit
	cream	9:00 P.M.
	3:00 P.M.	Eggnog
	Tomato juice, buttered	
	crackers	

# DIET MANUAL

## HIGH CALORIC HIGH VITAMIN DIETS

Breakfast	Dinner	Supper
Sliced banana	English broth	Creamed tomato soup
Flaked Wheat	Crackers	Crackers
Eggs-bacon	Roast lamb, gravy	Broiled liver - bacon
Graham toast	Mint jelly	Scalloped brains
Butter 2 squares	Mashed potato	Diced potato
Milk-cream	(Large order)	Artichoke with Holland-
Jam	Buttered peas	aise sauce
	Cabbage salad, boiled	Graham toast
9:00 A.M.	dressing	Butter 2 squares
Eggnog	Graham toast	Combination salad
	Butter 2 squares	Mayonnaise
	Milk or buttermilk	Ice cream and cake
	Apple sauce	Milk or buttermilk
	3:00 P.M.	9:00 P.M.
	Hot chocolate	Orange juice
Figs	Fish chowder	Scotch barley broth
Cooked cereal	Fried fish, tartar sauce	Hot roast beef sand-
Eggs-sausage	Creamed potato	wich
Graham toast	Buttered carrots	Whipped potato
Butter 2 squares	Candle salad	Buttered summer squash
Milk-cream	Mayonnaise	Wilted lettuce
Jelly	Graham toast	Graham toast
	Butter 2 squares	Butter 2 squares
9:00 A.M.	Milk or buttermilk	Milk or buttermilk
Eggnog	Rice pudding, fruit	Sliced fruit
	sauce	
	3:00 P.M.	9:00 P.M.
	Ice chocolate or hot	Tomato juice, buttered
	chocolate	Graham toast
Sliced grapefruit	Potato chowder	Tomato bouillon
Oatmeal	Roast beef, gravy	Cream chicken on toast
Eggs-bacon	Baked potato	Steamed rice
Graham toast	Swiss chard	Fresh asparagus tips
Butter - 2 squares	Carrots, raisin salad	Pear salad with:
Milk-cream	Boiled dressing	mayonnaise
	Graham toast	Graham toast
9:00 A.M.	Butter 2 squares	Butter 2 squares
Fruit juice	Milk-cream	Pineapple delight
	Tapioca cream pudding	Lady fingers
	3:00 P.M.	9:00 P.M.
	Orange juice	Eggnog

DIET MANUAL  
HIGH CALORIC HIGH VITAMIN DIETS

Breakfast

Banana  
Flaked Wheat  
Eggs-bacon  
Graham toast  
Butter 2 squares  
Milk-cream

9:00 A.M.  
Eggnog

Grapefruit juice  
Bananas  
Cream of Wheat  
Eggs - bacon  
Cream of Wheat  
Graham toast  
Butter 2 squares  
Milk-cream

9:00 A.M.  
Eggnog and  
crackers

Figs  
Cooked cereal  
Eggs-bacon  
Graham toast  
Butter 2 squares  
Milk-cream

9:00 A.M.  
Cocoa

Dinner

English broth  
Broiled steak  
Buttered diced potato  
Italian squash  
Pear, cottage cheese  
salad -mayonnaise  
Graham toast  
Butter 2 squares  
Milk 3/4 cream 1/4  
Fruit jello  
Whipped cream

3:00 P.M.  
Tomato juice

Barley soup  
Corn beef and cabbage  
Boiled potato  
Fresh asparagus tips  
Mixed fruit salad  
Boiled dressing  
Graham bread  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Prune whip with  
whipped cream

3:00 P.M.  
Tomato juice and  
buttered toast

Soup and crackers  
Scalloped brains  
Boiled potato  
Baked zucchini  
Banana and orange  
salad  
Mayonnaise  
Graham toast  
Butter 2 squares  
Milk 3/4 and cream 1/4  
Canned fruit

3:00 P.M.  
Eggnog

Supper

Corn chowder  
Individual chicken pie  
Steamed rice  
Buttered string beans  
Shredded lettuce salad  
French dressing  
Graham toast  
Butter 2 slices  
Sliced fruit  
Milk 3/4-cream 1/4

9:00 P.M.  
Orange juice

Mushroom soup  
Short ribs of beef  
Gravy  
Mashed potato  
Buttered carrots, peas  
Wilted lettuce  
Graham toast  
Butter 2 squares  
Milk  
Floating island pudding

9:00 P.M.  
Orange juice

Tomato bouillon  
Grilled pork chops  
Cream gravy  
Steamed rice  
Fresh asparagus tips  
Hearts of lettuce salad  
French dressing  
Graham toast  
Butter 2 squares  
Milk 3/4 - cream 1/4  
Banana

9:00 P.M.  
Orange juice



DIET MANUAL  
DENTAL SOFT DIETS

Breakfast

Oranges  
Pureed fruit  
Cooked cereal  
Eggs  
Toast and butter  
Milk-cream  
Jelly

Sliced grapefruit  
Oatmeal  
Eggs  
Toast and butter  
Milk-cream

Applesauce  
Cooked Cereal  
Eggs  
Toast and butter  
Milk-cream

Grapefruit juice  
Cream of Wheat  
Eggs  
Toast and butter  
Milk-cream  
Jam

Baked banana  
Flaked Wheat  
Eggs  
Toast and butter  
Milk-cream  
Jelly

Dinner

Vegetable soup  
Ground meat w/gravy  
Creamed potato  
Pureed spinach timable  
Cottage cheese  
Bread and butter  
Milk  
Fresh banana

Soup  
Ground roast lamb  
Brown gravy  
Fluffed potato  
Eggplant, corn timbale  
Toast and butter  
Milk  
Cottage cheese  
Tapioca cream pudding

Oxtail soup  
Ground roast lamb  
Gravy  
Mint jelly  
Mashed potato  
Celery root timbale  
Pureed carrots  
Bread and butter  
Milk  
Orange ice

Soup  
Ground meat and gravy  
Mashed potato  
Pureed carrots  
Lima bean timbale  
Bread and butter  
Milk  
Spanish cream

Clam chowder  
Broiled salmon with  
lemon sauce  
Creamed potato  
Pureed spinach  
Bread and butter  
Milk  
Bread pudding with  
sauce

Supper

Creamed pea soup  
Chicken croquettes  
Giblet gravy  
Steamed rice  
Pureed squash  
Bread and butter  
Milk  
Pineapple Pavarian cream

Soup  
Ground roast veal  
w/gravy  
Mashed squash  
Steamed rice  
Toast and butter  
Milk  
Baked apple with  
whipped cream

Soup  
Ground baked veal loaf  
Tomato sauce  
Creamed potato  
Fresh asparagus tips  
Lima bean timbale  
Bread and butter  
Milk  
Pineapple Bavarian  
cream

Soup  
Raviolas w/mushroom  
sauce  
Baked potato  
Mashed squash  
Bread and butter  
Jello w/whipped cream

Cream of celery soup  
Ground chicken w/gravy  
Steamed rice  
Pureed beets  
Cottage cheese  
Bread and butter  
Milk

DIET MANUAL  
DENTAL SOFT DIETS

Breakfast

Dinner

Supper

Oranges  
Cream of Wheat  
Eggs  
Toast and butter  
Milk-cream

Rivel soup  
Ground roast beef  
Gravy  
Baked potato  
Pureed squash  
Cottage cheese  
Bread and butter  
Milk  
Floating Island pudding

Creamed tomato soup  
Ground creamed chicken  
Steamed rice  
Asparagus tips  
Artichoke salad  
Mayonnaise  
Bread and butter  
Milk

Pureed fruit  
Fresh oranges  
Cooked cereal  
Eggs  
Toast and butter  
Milk-cream  
Jelly

Noodle soup  
Ground toast pork  
Gravy  
Mashed potato  
Pureed buttered peas  
Bread and butter  
Milk  
Special ice cream  
Lady fingers

Jackson soup  
Tuna fish timbale  
Steamed rice  
Pureed string beans  
Bread and butter  
Milk  
Baked apple with  
whipped cream

Banana  
Cooked cereal  
Eggs  
Toast and butter  
Milk-cream

Soup  
Ground cream chicken  
Mashed potato  
Pureed peas  
Bread and butter  
Milk  
Special vanilla cream

Soup  
Salmon timbale  
Mashed sweet potato  
Pureed lima beans  
Pureed squash  
Toast and butter  
Milk  
Baked apple with whipped  
cream

Banana  
Boiled Eggs  
Flaked Wheat  
Toast and butter  
Milk-cream

English broth  
Ground roast lamb  
Buttered diced potatoes  
Pureed Italian squash  
Pureed beets  
Bread and butter  
Milk  
Floating island pudding

Corn chowder  
Ground roast beef w/gravy  
Steamed rice  
Vegetable timbale  
Artichoke salad  
Mayonnaise  
Bread and butter  
Milk  
Jello with cream

Pureed prunes  
Cream of Wheat  
Eggs  
Toast and butter  
Milk-cream

Soup  
Ground beef  
Steamed rice  
Scalloped tomato  
Pureed parsnips  
Bread and butter  
Milk  
Tapioca pudding  
Strawberry sauce

Soup  
Eggs and brains  
Scalloped potato  
Pureed carrots  
Artichoke with Holland-  
aise sauce  
Bread and butter  
Milk  
Orange delight

## ANTICONSTIPATION DIETS

## Breakfast

Stewed rhubarb  
 Bran cereal  
 Egg-Ham  
 Graham Toast  
 Butter  
 Cream

10:00 A.M.  
 Orange juice

## Dinner

Soup with agar  
 Fried smelts  
 Tartar sauce  
 Buttered string beans  
 Buttered rutabagas  
 Pear-Orange-date salad  
 Boiled dressing  
 Bran muffins  
 Butter  
 Buttermilk  
 Sliced apricots

3:00 P.M.  
 Fruit juice

Stewed fruit  
 Bran cereal  
 1 egg  
 Crisp bacon  
 Butter - Toast  
 Cream  
 1/2 glass milk

10:00 A.M.  
 Orange juice

Soup with agar  
 Roast pork and gravy  
 Buttered peas  
 Cabbage  
 Fruit cocktail  
 Graham toast  
 Butter  
 Buttermilk  
 Orange sherbet  
 Cookies

3:00 P.M.  
 Tomato juice

Banana  
 Bran cereal  
 1 egg and sausage  
 Graham toast  
 Butter  
 Milk  $\frac{1}{2}$  glass cream

10:00 A.M.  
 Fruit juice

Soup with agar  
 Roast chicken-gravy  
 Buttered peas  
 Fruit cocktail  
 Spinach  
 Graham toast  
 Butter  
 Buttermilk  
 Special ice cream  
 Raw apple, peeled

3:00 P.M.  
 Tomato juice

Steamed rhubarb  
 Bran cereal  
 1 egg-crisp bacon  
 Graham toast-butter  
 Cream  $\frac{1}{2}$  glass milk  
 10:00 A.M.  
 Tomato juice

Soup with agar  
 Corned beef-cabbage  
 Rutabagas  
 Perfection salad  
 Mayonnaise  
 Graham toast-butter  
 Buttermilk  
 Apple crisp  
 3:00 Orange juice

## Supper

Soup with agar  
 Breaded veal cutlets  
 Cream gravy  
 Broccoli with Holland-  
 aise sauce  
 Buttered carrots  
 Graham bread  
 Butter  
 Candlestick salad  
 Boiled dressing  
 Sliced fruit

9:00 P.M.  
 Tomato juice

Soup with agar  
 Roast beef and gravy  
 Artichoke with Holland-  
 aise sauce  
 Baked eggplant  
 Sliced tomato salad  
 Mayonnaise  
 Graham toast - butter  
 Buttermilk  
 Fresh fruit

9:00 P.M.  
 Fruit juice

Creamed tomato soup-agar  
 Roast beef  
 Buttered lima beans  
 Squash  
 Celery hearts  
 Graham toast  
 Butter  
 Buttermilk  
 Sliced oranges  
 Baked apple

9:00 P.M.  
 Orange juice

Vegetable soup-agar  
 Grilled pork chops  
 Fresh asparagus  
 Buttered celery root  
 Shredded lettuce  
 Graham toast-butter  
 Buttermilk  
 Apricots (large order)  
 9:00 P.M. Fruit juice



# DIET MANUAL

## ANTICONSTIPATION DIETS

Breakfast	Dinner	Supper
Oranges	Soup with agar	Soup with agar
Bran cereal	Swiss steak	Chicken croquette
1 Egg	Chard	Giblet gravy
Graham toast-butter	Buttered onions	Paked squash
Cream $\frac{1}{2}$ milk	Combination vegetable salad	Turnips
	Mayonnaise	Sliced tomato
10:00 A.M.	Graham toast	Graham toast
Orange juice	Butter	Butter
	Buttermilk or milk	Buttermilk
	Banana	Sliced fruit
	3:00 P.M.	9:00 P.M.
	Tomato juice	Fruit juice
Sliced banana	English broth	Cream tomato soup
Bran cereal	Roast lamb and gravy	with agar
1 egg-crisp bacon	Mint jelly	Beef stew
Graham toast	Buttered peas	Artichoke with Holland-
Butter	Baked eggplant	aise sauce
1/2 glass milk	Cabbage salad, cream,	Buttered rutabagas
Cream	dressing	Combination salad
	Hot bran muffins-butter	Mayonnaise
10:00 A.M.	Buttermilk	Graham toast
Tomato juice	Apple sauce (large order)	Butter
	3:00 P.M.	Buttermilk
	Orange juice	Ice cream
		Fresh fruit
		9:00 P.M.
		Fruit juice
Orange juice	Soup with agar	Soup with agar
Fresh fruit	Short ribs of beef	Frankfurters
Bran cereal	Italian squash	Buttered carrots
1 egg-bacon	Beets	Celery root
Graham toast	Jewel salad	Lettuce-asparagus
Butter	Mayonnaise	salad w/mayonnaise
Cream	Graham toast	Graham toast
1/2 glass milk	Butter	Butter
	Buttermilk or milk	Buttermilk
10:00 A.M.	Canned pears	Sliced fruit
Orange juice	3:00 P.M.	9:00 P.M.
	Tomato juice	Fruit juice

DIET MANUAL  
ANTICONSTIPATION DIETS

Breakfast

Tomato juice  
Bran cereal  
1 egg  
Crisp bacon  
Graham toast  
Butter  
Cream  
 $\frac{1}{2}$  glass milk

10:00 A.M.  
Orange juice

Figs (large order)  
Bran cereal  
1 egg-sausage  
Graham toast  
Butter  
 $\frac{1}{2}$  glass milk

10:00 A.M.  
Orange juice

Baked apple  
Bran cereal  
1 egg-bacon  
Graham toast  
Butter  
Cream  
 $\frac{1}{2}$  glass milk

10:00 A.M.  
Orange juice

Dinner

Soup with agar  
Baked spare ribs  
Spanish sauce  
Sauerkraut  
Baked squash  
Vegetable salad w/ mayonnaise  
Graham bread - butter  
Buttermilk  
Pears (large order)

3:00 P.M.  
Fruit juice

Soup with agar  
Fresh fish  
Tartar sauce  
Buttered carrots  
Cauliflower  
Candlestick salad  
Mayonnaise  
Graham toast  
Buttermilk  
Peaches

3:00 P.M.  
Tomato juice

Soup with agar  
Roast veal and gravy  
String beans  
Rutabagas  
Cauliflower-tomato-egg salad  
1000 Island dressing  
Graham toast  
Butter  
Buttermilk  
Fresh fruit

3:00 P.M.  
Fruit juice

Supper

Soup with agar  
Roast beef and gravy  
Buttered carrots  
Cauliflower  
Hearts of lettuce  
French dressing  
Graham bread  
Butter  
Buttermilk  
Ripe banana

9:00 P.M.  
Tomato juice

Soup with agar  
Roast beef and gravy  
Buttered summer squash  
Onions  
Wilted lettuce  
Graham toast  
Butter  
Buttermilk  
Sliced fruit

9:00 P.M.  
Fruit juice

Mock turtle soup  
Baked beef loaf, gravy  
Spinach  
Baked fresh tomato  
Hearts of lettuce  
French dressing  
Graham toast  
Butter  
Buttermilk  
Prune whip

9:00 P.M.  
Tomato juice

DIET MANUAL  
ANTICONSTIPATION DIETS

Breakfast	Dinner	Supper
Canned apricots Grapefruit Bran cereal 1 egg-bacon Graham toast Butter Cream 1/2 glass milk  10:00 A.M. Fruit juice	Soup with agar Roast lamb and gravy Buttered cauliflower Scalloped tomato Cole slaw Graham toast Butter Buttermilk Canned fruit Raw apple  3:00 P.M. Orange juice	Soup with agar Breaded pork chop Cream gravy Mashed potato Buttered string beans Sliced tomato Bran muffin Butter Buttermilk Baked apple with whipped cream  9:00 P.M. Tomato juice
Pineapple juice Canned apricots Bran cereal 1 egg Crisp bacon Graham toast Butter Milk-cream  10:00 A.M. Fruit juice	Soup with agar Roast veal and gravy Creamed cauliflower Buttered beets Mixed fruit salad with whipped cream Graham toast Butter Buttermilk Sliced orange-stewed raisins  3:00 P.M. Tomato juice	Soup with agar Frankfurters Glazed carrots Sauerkraut Wilted lettuce Graham toast Butter Buttermilk Sliced fruit  9:00 P.M. Orange juice
Baked apple Bran cereal 1 egg- crisp bacon Graham toast Butter Cream 1/2 glass milk  10:00 A.M. Orange juice	Bean soup with agar Roast lamb and gravy Mint jelly Buttered peas Buttered asparagus tips Sliced tomato salad Mayonnaise Hot bran muffin Butter Buttermilk Baked peaches with marshmallows  3:00 P.M. Tomato juice	Consomme with agar Hungarian goulash Buttered beets Corn Combination vegetable salad Mayonnaise Graham toast Butter Buttermilk Ice cream with crushed fruit  9:00 P.M. Fruit juice



DIET MANUAL  
PERNICIOUS ANEMIA DIETS

Breakfast .	Dinner	Supper
Applesauce	Soup	Soup
Cooked cereal	Roast lamb and gravy	Scalloped sweetbreads
2 egg-crisp bacon	Liver baked in fresh	Baked veal loaf
Graham toast	tomato	w/sauce
Butter	Mashed potato	Creamed potato
Milk	Glazed carrots	Baked eggplant
Cream	Graham toast	Pear-orange salad
	Butter	Graham toast
10:00 A.M.	Celery root-pineapple	Butter
Orange juice	salad with boiled	Milk
	dressing	Apricots
	Orange ice	
	3:00 P.M.	9:00 P.M.
	Fruit juice	Tomato juice
Grapefruit juice	Soup	Julienne potatoe soup
Cream of Wheat	Swiss steak	Broiled liver and bacon
Eggs-bacon	Mashed potato	Creamed sweetbreads on
Graham toast	Succotash	toast
Butter	Liver baked in tomato	Baked potato
Milk	Mixed fruit salad	Mashed squash
Cream	Boiled dressing	Graham toast
	Graham toast	Butter
10:00 A.M.	Butter	Milk
Tomato juice	Milk	Star salad with straw-
	Applesauce	berries
		Sliced fruit
	3:00 P.M.	
	Orange juice	9:00 P.M.
		Fruit juice
Stewed prunes	Fruit cocktail	Scotch barley broth
Cooked cereal	Cream of tomato soup	Broiled steak
1 egg - broiled liver	Broiled chicken	Mashed potato
Graham toast	Mashed potato	Artichoke with
Butter	Liver pattie	Hollandaise sauce
Milk	Toast	Sliced tomato
Cream	Butter	w/diced broiled liver
	Orange sherbet	salad
10:00 A.M.	Milk	Graham toast
Tomato juice		Butter
	3:00 P.M.	Milk
	Fruit juice	Fruit cup
		9:00 P.M.
		Orange juice

DIET MANUAL  
PERNICIOUS ANEMIA DIETS

Breakfast

Fresh fruit  
Cream of Wheat  
Eggs scrambled  
w/ liver  
Graham toast  
Butter  
Milk  
Cream

10:00 A.M.  
Orange juice

Sliced oranges  
Cooked cereal  
Eggs  
Crisp bacon  
Graham toast  
Butter  
Milk-cream

10:00 A.M.  
Orange juice

Apricots  
Cream of Wheat  
Eggs  
Liver pattie  
Graham toast  
Butter  
Milk  
Cream

10:00 A.M.  
Tomato juice

Dinner

Rivel soup  
Roast beef w/gravy  
Baked potato stuffed  
with liver  
Summer squash  
Pear-apricot salad  
w/boiled dressing  
Graham toast  
Butter  
Milk  
Sliced oranges

2:00 P.M.  
Tomato juice

Soup  
Small broiled steaks  
Boiled potato  
Glazed carrots  
Spanish liver  
Perfection salad  
Small amount mayon-  
naise  
Graham toast  
Butter  
Milk  
Baked apple

2:00 P.M.  
Tomato juice

Fish chowder  
Baked halibut  
Liver baked in pepper  
Creamed potato  
Carrots  
Candlestick salad  
Small amount mayon-  
naise  
Graham toast  
Butter  
Milk  
Peaches

2:00 P.M.  
Fruit juice

Supper

Cream of tomato soup  
Chicken a la king on  
graham toast  
Scalloped rice and  
kidney  
Buttered asparagus tips  
Fruit salad w/dates  
Boiled dressing  
Graham toast  
Butter  
Milk  
Peach ice cream  
Lady fingers

8:00 P.M.  
Fruit juice

Vegetable soup  
Scrambled eggs and brains  
Broiled liver  
Mashed potatoes  
Fresh asparagus tips  
Shredded lettuce  
Graham toast  
Butter  
Milk  
Apricots

8:00 P.M.  
Orange juice

Scotch barley broth  
Hot roast beef  
w/gravy  
Liver baked in potato  
Buttered summer squash  
Wilted lettuce  
Graham toast  
Butter  
Milk  
Sliced fruit

9:00 P.M.  
Orange juice

DIET MANUAL  
PERNICIOUS ANEMIA DIETS

Breakfast

Rhubarb  
Oatmeal  
1 Egg  
Broiled liver  
Bacon  
Graham toast  
Butter  
Milk  
Cream

10:00 A.M.  
Fruit juice

Oranges  
Cooked cereal  
1 Egg  
Crisp bacon  
Graham toast-butter  
Milk  
Cream

10:00 A.M.  
Tomato juice

Oranges  
Cooked cereal  
Eggs--ham  
Graham toast  
Butter  
Milk  
Cream

10:00 A.M.  
Tomato juice

Dinner

Split pea soup  
Roast beef w/gravy  
(small amount)  
Mashed potato  
Succotash  
Liver scalloped  
w/ tomato  
Artichoke salad  
w/ mayonnaise  
Graham bread  
Butter  
Milk  
Peach sherbet

2:00 P.M.  
Tomato juice

Vegetable soup  
Small steak  
Creamed potato  
Swiss chard  
Liver stuffed in  
pepper  
Combination vegetable  
salad w/mayonnaise  
Graham toast  
Butter  
Milk  
Banana

2:00 P.M.  
Fruit juice

Noodle soup  
Broiled chicken  
w/cream gravy and  
liver  
Baked sweet potato  
Buttered peas  
Fruit cocktail  
Graham bread - butter  
Milk  
Special ice cream  
Lady fingers

2:00 P.M.  
Fruit juice

Supper

Soup  
Club sandwich  
Broiled liver w/bacon  
Sliced tomato and lettuce  
Mayonnaise - small amount  
Macaroni and cheese  
(small order)  
Sliced fruit  
(large order)

9:00 P.M.  
Orange juice

Creamed pea soup  
Chicken croquettes  
Giblet gravy  
Steamed rice and liver  
pie  
Squash  
Sliced tomato  
Graham toast  
Butter  
Milk  
Sliced fruit

9:00 P.M.  
Orange juice

Soup  
Fried calves liver  
and crisp bacon  
Creamed hominy  
Buttered string beans  
Sliced tomato and  
asparagus salad  
Mayonnaise  
Graham toast  
Butter  
Milk  
Baked apple w/cream.

8:00 P.M.  
Orange juice



DIET MANUAL  
PERNICIOUS ANEMIA DIETS

Breakfast	Dinner	Supper
Tomato juice	Soup	Noodle soup
Fresh orange	Broiled lamb chops	Scrambled eggs-brains
Cereal	Boiled potatoes	Broiled steak
1 egg	Baked squash	Mashed potato
Liver and bacon	Kidney pie	Buttered carrots
Graham toast	Combination salad	Hearts of lettuce
Butter	Mayonnaise	French dressing
Milk	Graham bread	Graham bread
Cream	Butter	Butter
10:00 A.M.	Milk	Milk
Fruit juice	Canned pears	Banana
	2:00 P.M.	9:00 P.M.
	Fruit juice	Tomato juice
Sliced grapefruit	Potato chowder	Tomato bouillon
Oatmeal	Roast beef w/gravy	Creamed chicken
Eggs	Baked potato	Steamed rice
Graham toast	stuffed with liver	Fresh asparagus tips
Crisp bacon	Swiss chard	Spanish liver and
Butter	Carrot raisin salad	Kidney
Milk	Boiled dressing	Cottage cheese and
Cream	Graham toast	fruit salad w/mayonnaise
10:00 A.M.	Butter	Graham toast
Orange juice	Milk	Butter
	Canned pears	Milk
	3:00 P.M.	Pineapple delight
	Tomato juice	9:00 P.M.
		Fruit juice
Stewed prunes	Soup	Bouillon
Cream of wheat	Lamb patties	Scrambled eggs
2 eggs-crisp bacon	Bacon	w/brains
Graham toast	Scalloped tomato	Broiled liver
Butter	Steamed rice and	Scalloped potato
Cream	liver pie	Artichoke w/Holland-
Milk	String bean-asparagus	aise sauce
10:00 A.M.	pimento salad	Graham toast
Orange juice	small amount mayon-	Butter
	naise	Milk
	Graham toast	Fruit cup
	Butter	9:00 P.M.
	Milk	Tomato juice
	Peaches w/steamed	
	raisins	
	3:00 P.M.	
	Fruit juice	

DIET MANUAL  
LOW FAT DIETS

Breakfast

Applesauce  
Cooked cereal  
1 egg  
Toast  
Jam  
Skim milk

Applesauce  
Cream of Wheat  
1 egg  
Toast  
Jam  
Skim milk

Oranges  
Cooked cereal  
1 egg  
Toast-jam  
Skim milk

Banana  
Cream of Wheat  
1 egg  
Toast  
Jam  
Skim milk

Dinner

Bouillon  
Roast lamb  
Mint jelly  
Mashed potato  
Peas  
Celery root and pine-  
apple salad  
Mineral oil French  
dressing  
Toast  
Jam  
Skim milk  
Orange ice

Bouillon  
Baked sea bass  
w/lemon  
Spinach  
Boiled potato  
Fruit salad  
Toast  
Jam  
Skim milk  
Sherbet

Bouillon  
Broiled chicken  
Mashed potato  
Peas  
Star salad  
Toast  
Jam  
Skim milk  
Sherbet  
Lady fingers

Bouillon  
Fluffed meat ball  
Fresh asparagus tips  
Boiled potato  
Cottage cheese salad  
Toast  
Jam  
Skim milk  
Fruit cup

Supper

Bouillon  
Hamburger  
Baked eggplant  
Boiled potato  
Pear-orange salad  
Jello  
Toast  
Jam  
Skim milk

Bouillon  
Lamb steak  
String beans  
Baked potato  
Date-orange-cottage  
cheese salad  
Toast  
Jam  
Skim milk  
Pears

Bouillon  
Steak  
String beans  
Steamed rice, asparagus  
tip salad  
Mineral oil dressing  
Toast  
Jam  
Skim milk  
Baked apple

Bouillon  
Veal steak  
Peas  
Mashed potato  
Celery root salad  
Mineral oil dressing  
Toast  
Jam  
Skim milk  
Apricots

DIET MANUAL  
LOW FAT DIETS

Breakfast	Dinner	Supper
Banana	Bouillon	Bouillon
Cooked cereal	White meat chicken	Roast beef
1 egg	Mashed potato	Sweet potato
Toast	Peas	Baked squash
Jam	Fruit cocktail	Celery hearts
Skim milk	Toast - jam	Baked apple
	Skim milk	Toast - jam
	Sherbet	Skim milk
		Oranges
Apricots	Bouillon	Bouillon
Cream of Wheat	Halibut w/lemon	Roast beef
1 egg	Potato	Summer squash
Toast	Peas	Baked potato
Jam	Candlestick salad	Hearts of lettuce
Skim milk	Mineral oil dressing	Mineral oil dressing
	Toast - jam	Toast-jam
	Skim milk	Skim milk
	Peaches	Sliced fruit
Sliced oranges	Bouillon	Bouillon
Cream of Wheat	Roast lamb	Meat balls
Eggs	Mashed potato	Baked potato
Toast-jam	Lima beans	String beans
Skim milk	Fruit salad	Asparagus tip salad
	Toast	Mineral oil dressing
	Jam	Toast
	Skim milk	Jam
	Angel food cake	Skim milk
		Sliced fruit
Sliced oranges	Bouillon	Bouillon
Cooked cereal	Lamb pattie	Steak
1 egg	Rice	Celery root
Toast	Peas	Mashed potato
Jam	Hearts of lettuce	Cottage cheese salad
Skim milk	Mineral oil dressing	Toast-jam
	Toast-jam	Skim milk
	Skim milk	Apricots
	Baked apple	
Steamed prunes	Bouillon	Bouillon
Cooked cereal	Roast veal	Lamb steak
1 egg	Baked potato	Turnips
Toast-jam	Fresh asparagus tips	Mashed potato
Skim milk	Celery hearts	Date-orange salad
	Toast	Toast
	Jam	Jam
	Skim milk	Skim milk
	Fruit cup	Applesauce



DIET MANUAL  
LOW FAT DIETS

Breakfast	Dinner	Supper
Oranges	Bouillon	Bouillon
Cooked cereal	Small steak	Chicken
1 egg	Spinach	Rice
Toast	Boiled potato	Squash
Skim milk	Cottage cheese salad	Fruit salad
Jelly	Toast	Toast
	Jam	Jam
	Skim milk	Skim milk
	Banana	Sliced fruit
Sliced banana	Bouillon	Bouillon
Flaked Wheat	Steak	Roast beef
1 egg	Asparagus tips	Baked squash
Toast	Mashed potato	Boiled potato
Jam	Fresh oyster cocktail	Hearts of lettuce
Skim milk	with lemon	Mineral oil dressing
	Toast - jam	Toast
	Skim milk	Jam
	Orange ice	Skim milk
	Lady fingers	Fruit cup
Baked apple	Bouillon	Bouillon
Cooked cereal	Roast veal	Steak
1 egg	String beans	Spinach
Toast	Mashed potato	Mashed potato
Jam	Lettuce salad w/min-	Celery hearts
Skim milk	eral oil dressing	Toast
	Toast	Jam
	Jam	Skim milk
	Skim milk	Fruit cup
	Sliced peaches	
Sliced oranges	Bouillon	Bouillon
Oatmeal	Roast beef	Chicken
1 egg	Summer squash	Rice
Toast	Baked potato	Asparagus tips
Jam	Cottage cheese-pear	Star salad
Skim milk	salad	Toast
	Mineral oil dressing	Jam
	Toast-jam	Skim milk
	Skim milk	Pineapple delight
	Jello	Lady fingers
Sliced peaches	Bouillon	Bouillon
Flaked Wheat	Lamb steak	Frankfurters
1 egg	Italian squash	Baked potato
Toast	Steamed rice	Beets
Jam	Celery root salad	Fruit salad
Skim milk	Mineral oil dressing	Toast
	Toast - jam	Jam
	Skim milk	Skim milk
	Canned pears	Lemon snow

DIET MANUAL  
CARDIOVASCULAR RENAL DIETS (Nephritic)  
Approximately 40 grams of protein

Breakfast	Dinner	Supper
Grapefruit $\frac{1}{2}$ Salt free Flaked Wheat 1 egg Toast Toast Salt free butter $\frac{1}{2}$ glass milk Cream	35 grams boiled fish w/lemon "Soc" spinach, 50 grams Boiled potato Star salad Toast $\frac{1}{2}$ slice Salt free butter Sherbet	Creamed soup (Small serving) Rice Buttered cauliflower Fresh beets Sliced tomato Toast Salt free butter $\frac{1}{2}$ glass milk Canned fruit
Sliced orange Salt free Flaked Wheat 1 egg Toast Salt free butter Cream Jelly	40 grams chicken w/25 gms table cream Fresh asparagus tips Mashed potato Fruit salad with whipped cream Toast Salt free butter Orange ice	Salt free buttered fresh peas Baked squash Boiled potato Hearts of lettuce salad Salt free dressing Toast Salt free butter Fruit cup
Sliced oranges Salt free Cream of Wheat 1 egg Tast Salt free butter Cream Oranges	Creamed soup (small serving) Salt free buttered cauliflower Fresh carrots Mashed potato Mixed fruit salad with whipped cream Toast Salt free butter Applesauce	Baked potato with salt free butter Mashed squash Salt free string beans Hearts of lettuce salad Toast Salt free butter 1 glass milk Sliced fruit
Sliced oranges Salt free Cream of Wheat 1 egg Toast Salt free butter Cream	Small order cream soup Crackers-salt free Salt free buttered summer squash Onions Baked potato Pear-apricot salad Whipped cream Toast Salt free butter Sliced oranges	40 grams diced chicken in 25 gms table cream Rice Fresh carrots Artichoke salad with salt free mayonnaise Toast Salt free butter Peach ice cream

DIET MANUAL  
CARDIOVASCULAR RENAL DIETS (Nephritic)  
Approximately 40 grams of protein

Breakfast

Stewed prunes  
Salt free Cream of  
Wheat  
1 egg  
Toast  
Salt free butter  
Cream  
 $\frac{1}{2}$  glass milk

Fresh fruit  
Salt free Flaked Wheat  
1 egg  
Toast  
Salt free butter  
Cream

Apricots  
Salt free Cream of  
Wheat  
1 egg  
Toast  
Salt free butter  
Cream

Sliced grapefruit  
Salt free Cream Wheat  
1 egg  
Toast  
Salt free butter  
Cream

Dinner

40 grams broiled  
chicken  
Mashed potato  
Salt free buttered  
cabbage  
Fruit cocktail  
Toast  
Salt free butter  
Orange sherbet  
Cookies

Baked potato  
Baked eggplant  
Fresh peas  
Mixed fruit salad  
Toast  
Salt free butter  
 $\frac{1}{2}$  glass milk  
Applesauce

40 grams baked halibut  
w/ lemon  
Mashed potato  
Salt free buttered  
cauliflower  
Candlestick salad  
Salt free mayonnaise  
Toast  
Salt free butter  
Canned peaches

Cream soup (small  
serving)  
Summer squash  
Baked potato  
Swiss chard  
Pear-orange salad  
Toast  
Salt free butter  
Tapioca cream pudding  
 $\frac{1}{2}$  glass milk

Supper

Creamed soup (small  
order)  
Salt free buttered  
onions  
Mashed potato  
Baked eggplant  
Artichoke with salt  
free mayonnaise  
Toast  
Salt free butter  
Fresh fruit

Cream soup  
Diced potato  
Asparagus  
Buttered rutabagas  
Artichoke salad  
Salt free mayonnaise  
Toast  
Salt free butter  
Sherbet

Cream soup  
Salt free buttered  
summer squash  
Baked potato  
Salt free buttered  
onions  
Hearts of lettuce  
Salt free dressing  
Toast  
Salt free butter  
Sliced fruit  
 $\frac{1}{2}$  glass milk

40 gms diced chicken  
in 25 gms table  
cream  
Rice  
Fresh asparagus tips  
Hearts of lettuce  
Salt free mayonnaise  
Toast  
Salt free butter  
Canned fruit



DIET MANUAL  
CARDIOVASCULAR RENAL DIETS (Nephritic)  
Approximately 40 grams of protein

Breakfast

Baked apple  
Salt free Cream  
of Wheat  
Cream  
1 poached egg  
Toast  
Salt free butter  
Milk

Baked apple  
Salt free Cream of  
Wheat  
1 egg  
Toast  
Salt free butter  
Cream  
1/2 glass milk

Dinner

Cream soup  
40 gram lamb chop  
Mashed potato  
Rutabagas  
Lettuce w/salt free  
French dressing  
Baked peach and  
marshmallow  
Toast  
Salt free butter  
Orange juice

Cream soup  
Banana squash  
Boiled potato  
Rutabagas  
Peach date salad  
Toast  
Salt free butter  
1/2 glass milk  
Pear au gratin

Supper

Cream soup  
Salt free spinach  
Baked potato  
Cauliflower  
Star salad  
Strawberries  
Toast  
Salt free butter  
1/2 glass milk

Cream soup  
Baked fresh tomato  
Salt free buttered  
cauliflower  
Boiled potato  
Stuffed prune salad  
Toast  
Salt free butter  
Fruit cup  
1/2 glass milk

DIET MANUAL  
LOW PURINE DIETS  
No Tea Coffee Salt

Breakfast

Sliced oranges  
Cream of Wheat  
(salt free)  
Eggs  
Toa st  
Butter  
Milk  
Cream

Fresh fruit  
Salt free Cream of  
Wheat  
Eggs  
Toa st  
Butter  
Milk-cream

Sliced grapefruit  
Cream of wheat  
Eggs  
Toast  
Butter  
Milk-cream

Oranges  
Cream of Wheat  
Eggs  
Toast  
Butter salt free  
Milk  
Cream

Dinner

Cream soup  
Boiled potato  
Glazed carrots  
Cabbage  
Hearts of lettuce salad  
Small amount dressing  
Toast  
Butter  
Milk  
Baked apple

Cream soup  
Cottage cheese timbale  
Baked potato  
Buttered summer squash  
Pear-apricot salad  
Toast  
Butter  
Milk  
Floating Island pudding

Cream soup  
Corn timbale  
Summer squash  
Baked potato  
Carrot-raisin salad  
Boiled dressing  
Toast  
Butter  
Milk  
Canned fruit

Cream soup  
Cottage cheese  
Cream potato  
Baked squash  
Buttered onions  
Fruit salad  
w/whipped cream  
Toast  
Salt free butter  
Milk  
Fresh banana

Supper

Cream soup  
Celery root  
Mashed potato  
Poached egg on toast  
Sliced tomato  
Toast  
Butter  
Milk  
Apricots

Cream tomato soup  
Artichoke w/butter  
sauce  
Steamed rice  
Carrots  
Fruit salad with  
whipped cream  
Toast  
Butter  
Milk  
Peach ice cream  
Lady fingers

Cream soup  
Rice  
Turnips  
Baked fresh tomato  
Cottage cheese pear  
salad w/mayonnaise  
Toast  
Butter  
Milk  
Fresh fruit  
Lady fingers

Cream soup  
Squash  
Turnips  
Rice  
Egg salad w/sliced  
tomato  
Toast  
Salt free butter  
Fresh strawberries

DIET MANUAL  
LOW PURINE DIETS  
No Tea Coffee Salt

Breakfast	Dinner	Supper
Grapefruit juice	Cream soup	Cream soup
Cream of Wheat	Mashed potato	Baked potato
Eggs	Carrots	Mashed squash
Toa st	Buttered onion	String beans
Butter	Mixed fruit salad	Hearts of lettuce and
Milk-cream	Boiled dressing	egg
	Toast	French dressing
	Butter	Toast
	Milk	Butter
	Angel food cake	Milk
		Sliced fruit
Grapefruit	Cream soup	Cream soup
Salt free flaked wheat	Cream potato	Cottage cheese
Eggs	Egg in ramikin	Rice
Toast-butter	Steamed celery	Beets
Milk-cream	Candlestick salad	Sliced tomatoes
	Toast	Toast
	Butter	Butter
	Milk	Milk
	Bread pudding	Date custard
	w/sauce	
Fresh fruit	Cream soup	Cream tomato soup
Flaked wheat	Mashed potatoes	Diced potato
Eggs	Eggplant	Celery root timbale
Toast-butter	Artichoke w/butter	Buttered rutabagas
Milk-cream	sauce	Fruit salad
	Cabbage salad	Toast
	w/boiled dressing	Butter
	Toast	Milk
	Butter	Ice Cream
	Milk	
	Applesauce	
Sliced peaches	Cream soup	Cream soup
Flaked wheat	Celery root timbale	Baked potato
(salt free)	Rice	Cheese scuffle
Eggs	Italian squash	Carrots
Toast-butter	Sliced tomato salad	Lettuce salad
Milk-cream	Toast	w/French dressing
	Butter	Toast
	Milk	Butter
	Pears	Milk
	Pumpkin custard	Sliced fruit



DIET MANUAL  
LOW PURINE DIETS  
No Tea Coffee Salt

Breakfast

Banana  
Flaked wheat  
Eggs  
Toast-butter  
Milk-cream

Dinner

Cream soup  
Corn cup  
Baked fresh tomato  
Mashed potato  
Star salad  
W. boiled dressing  
Toast  
Butter  
Milk  
Orange ice  
Lady fingers

Supper

Cream soup  
Duchess potato  
Baked banana squash  
Cheese  
Hearts of lettuce  
1000 Island dressing  
Toast  
Butter  
Milk  
Fruit cup

Prunes  
Cream of Wheat  
Eggs  
Toast  
Salt free butter  
Milk  
Cream

Cream soup  
Steamed rice  
Buttered celery root  
Buttered beets  
Hearts of lettuce  
Toast  
Salt free butter  
Milk  
Peaches  
Cottage cheese

Cream soup  
Baked potato  
Artichoke w/  
buttered sauce  
Buttered carrots  
Star salad  
Toast  
Salt free butter  
Milk  
Cherries

Stewed prunes  
Cream of Wheat  
Eggs  
Toast-butter  
Milk-cream

Fruit cocktail  
Cream tomato soup  
Mashed potato  
Buttered cabbage  
Stewed celery  
Toast  
Butter  
Milk  
Philadelphia cream  
cheese  
Orange sherbet

Cream soup  
Baked eggplant  
Mashed potato  
Artichoke  
w. Hollandaise sauce  
Sliced tomato salad  
Toast  
Butter  
Milk  
Fresh fruit

DIET MANUAL  
LOW SALT ANTICONSTIPATION DIETS

Breakfast

Applesauce  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream  
 $\frac{1}{2}$  glass milk

Sliced grapefruit  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream  
 $\frac{1}{2}$  glass milk

Fresh orange - 2  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream  
 $\frac{1}{2}$  glass milk

Oranges  
Bran cereal  
1 egg  
Graham toast  
Butter-salt free  
Cream  
 $\frac{1}{2}$  glass milk

Dinner

Baked sea bass  
w/salt free butter  
Salt free spinach  
Boiled potato -small  
Fruit salad  
Graham toast  
Salt free butter  
Orange sherbet

Cream soup w/agar  
Baked fresh tomato  
Salt free buttered  
cauliflower  
Eggplant-corn timbale  
Cole slaw  
w/salt free dressing  
Graham toast  
Salt free butter  
Canned fruit

Loin lamb chop  
Baked eggplant  
Salt free buttered  
onions  
Apple grapefruit  
salad w/lemon juice  
Graham toast  
Salt free butter  
Peach sherbet

Salt free buttered  
summer squash  
Onions  
Small baked potato  
w/ skin  
Pear-apricot salad  
w/whipped cream  
Graham toast  
Salt free butter  
Sliced oranges  
 $\frac{1}{2}$  glass milk

Supper

Baked potato w/skin  
Baked fresh tomato  
Salt free buttered  
onions  
Date-orange salad  
Graham toast  
Salt free butter  
 $\frac{1}{2}$  glass milk  
Pease

Cream soup w/agar  
Fresh string beans  
Squash  
Baked potato small  
w/skin  
Hearts lettuce  
w/salt free dressing  
Graham toast  
Salt free butter  
Baked apple  
w/whipped cream

Cream soup w/agar  
Salt free buttered  
turnips  
Baked fresh tomato  
Small boiled potato  
Graham toast  
Salt free butter  
Star salad  
Sliced fruit

40 gms diced chicken  
w/30 gms table cream  
Fresh carrots  
Artichoke w/salt free  
butter sauce  
Fruit salad  
Graham toast  
Salt free butter  
Peach ice cream

DIET MANUAL  
LOW SALT ANTICONSTIPATION DIETS

Breakfast

Sliced banana  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream

Sliced orange  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream

Applesauce-large  
order  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream  
 $\frac{1}{2}$  gla ss milk

Applesauce-large  
order  
Bran cereal  
1 egg  
Graham toast  
Salt free butter  
Cream  
 $\frac{1}{2}$  gla ss milk

Dinner

40 gms chicken  
Fresh asparagus tips  
Salt free buttered corn  
Salad of fruits  
Graham toast  
Salt free butter  
 $\frac{1}{2}$  glass milk  
Orange ice

Small loin lamb chop  
Salt free buttered  
cauliflower  
Fresh carrots  
Fruit salad  
Graham toast  
Salt free butter  
Applesauce

50 gms baked halibut w/salt  
free butter  
Salt free buttered string  
beans  
Salt free buttered rutabagas  
Pear-date salad  
Graham toast  
Salt free butter  
Sliced apricots

Small loin lamb chop  
Summer squash  
Fresh beets  
Star salad  
Graham toast  
Salt free butter  
Canned fruit

Supper

Small boiled potato  
Baked squash  
Salt free buttered  
fresh peas  
Hearts of lettuce  
salad  
Salt free dressing  
Graham toast  
Salt free butter  
Fruit cup (large order)  
Fresh fruit

Baked potato  
w/skin  
Mashed squash  
String beans  
Lettuce w/lemon  
Graham toast  
Salt free butter  
Sliced fruit  
 $\frac{1}{2}$  glass milk

40 gms diced chicken  
in 25 gms table  
cream  
Broccoli w/salt free  
butter  
Buttered squash  
Candlestick salad  
Graham toast  
Salt free butter  
Sliced fruit

45 gms diced chicken  
in 25 gms table cream  
Squash w/salt free  
butter  
Salt free buttered  
broccoli  
Sliced tomato salad  
Graham toast  
Salt free butter  
Ice cream



DIET MANUAL  
LOW ASLT ANTICONSTIPATION DIETS

Breakfast	Dinner	Supper
Oranges - 2	$\frac{1}{4}$ broiled chicken	Salt free buttered onion s
Bran cereal	Salt free buttered	" " " string beans
1 egg	cabbage	Baked potato (small)
Graham toast	Baked fresh tomato	w/ skin
Salt free butter	Fruit cocktail	Fruit salad
Cream	Graham toast	Graham toast
	Salt free butter	Salt free butter
	Special ice cream	Baked apple
		w/whipped cream
Sliced grapefruit	Cream soup w/agar	40 gms chicken in 25
Bran cereal	Summer squash	gms table cream
1 egg	Baked potato w/skin	Fresh cauliflower
Graham toast	Chard	Fresh asparagus tips
Salt free butter	Pear-orange salad	Hearts of lettuce
Cream	Graham toast	Mayonnaise-salt free
	Salt free butter	Graham toast
	Canned fruit	Salt free butter
		Pineapple delight
Baked apple	Cream soup w/agar	Baked fresh tomato
Bran cereal	Banana squash	Salt free cauliflower
1 egg	Rutabagas	Boiled potato-small
Graham toast	Boiled potato-small	Artichoke salad
Salt free butter	Peach-date salad	salt free dressing
Cream	Graham toast	Graham toast
$\frac{1}{2}$ glass milk	Salt free butter	Salt free butter
	Pear augratin	Fruit cup
		$\frac{1}{2}$ glass milk
$\frac{1}{2}$ grapefruit	Loin lamb chop	40 gms beef pattie
Bran cereal	Fresh asparagus tips	Salt free buttered
1 egg	Baked squash	cauliflower
Graham toast	Lettuce w/lemon	Fresh carrots
Salt free butter	Graham toast	Fruit salad
$\frac{1}{2}$ glass milk	Salt free butter	w/whipped cream
Cream	Fresh pineapple	Graham toast
		Salt free butter
		Spanish cream
Apricots	40 gms baked halibut	Cream soup w/agar
Bran cereal	w/lemon	Summer squash
1 egg	Salt free buttered	Baked potato w/skin
Graham toast	cauliflower	Salt free buttered onions
Salt free butter	Fresh carrots	Lettuce-salt free dressing
$\frac{1}{2}$ glass milk	Candlestick salad	Graham toast
Cream	Salt free mayonnaise	Salt free butter
	Graham toast-butter	Sliced fruit
	Peaches	

DIET MANUAL  
HIGH CALORIC HIGH VITAMIN LOW RESIDUE DIETS

Breakfast	Dinner	Supper
Pureed fruit	Strained soup	Strained tomato bouillon
Cream of Wheat	Crackers	Creamed eggs
Eggs	Boiled potato	Steamed rice
Toast	Pureed zucchini	Fresh asparagus tips
Butter	Carrot timbale	Toast
Crisp bacon	White toast	Butter - 2 squares
Milk-cream	Butter 2 squares	Milk-cream
	Milk-cream	Prune whip
10:00 A.M.	Jello w/whipped cream	Lady fingers
Fruit juice		
	3:00 P.M.	9:00 P.M.
	Eggnog	Orange juice
Applesauce	Cream soup	Cream soup
Cream of Wheat	Crackers	Special scalloped
Eggs-crisp bacon	Choice roast lamb	sweetbreads
Toast-white	w/strained gravy	Creamed potato
Butter-2 squares	Mashed potato	Pureed lima bean
Milk 3/4-cream 1/4	Celery root timbale	timbale
	Pureed buttered carrots	Fresh asparagus tips
10:00 A.M.	Toast-white	Toast-white
Tomato juice	Butter 2 squares	Butter-2 squares
Buttered crackers	Milk cream 3/4 and 1/4	Milk 3/4-cream 1/4
	Orange ice	Pineapple Bavarian
		Cream
	3:00 P.M.	9:00 P.M.
	Eggnog	Orange juice
Orange juice	Strained chicken soup	Strained cream tomato
Banana	Crackers	soup
Cream of wheat	Roast chicken, no skin	Tuna timbale
Eggs-bacon	w/strained gravy	Pureed lima beans
White toast	Mashed potato	Mashed sweet potato
Butter - 2 squares	Pureed buttered peas	Pureed squash
Milk-cream	Savory custard	White toast
	White toast	Butter 2 squares
10:00 A.M.	Butter 2 squares	Milk 3/4-cream 1/4
Orange juice	Milk 3/4-cream 1/4	Baked apple, peeled
	Vanilla ice cream	w/whipped cream
		Orange
	3:00 P.M.	9:00 P.M.
	Tomato juice	Eggnog

DIET MANUAL  
HIGH CALORIC HIGH VITAMIN LOW RESIDUE DIETS

Breakfast	Dinner	Supper
Pineapple juice Pureed fruit Flaked wheat Eggs-bacon Toast Butter 2 squares Milk-cream  10:00 A.M. Tomato or orange juice	Strained soup Crackers Scalloped sweetbreads Paked potato, peeled Pureed beets Celery root timbale White toast Butter 2 squares Milk 3/4-cream 1/4 Butterscotch pudding w/whipped cream  3:00 P.M. Eggnog w/buttered crackers  Strained English broth Tenderloin steak Pureed Italian squash Pureed buttered beets Toast Butter 2 squares Milk 3/4-cream 1/4 Floating island pudding  3:00 P.M. Tomato juice w/buttered crackers	Strained soup Crackers Cottage cheese Loin lamb chops Steamed rice Pureed carrots White toast Butter 2 squares Milk 3/4-cream 1/4 Pureed nectarines  9:00 P.M. Tomato juice  Strained corn chowder White meat chicken Cream gravy Steamed rice Pureed string beans Artichoke salad w/mayonnaise Toast-white Butter-2 squares Milk 3/4-cream 1/4 Jello w/whipped cream  9:00 P.M. Orange juice
Banana Flaked wheat Eggs Crisp bacon White toast Butter 2 squares Milk-cream	Strained cream soup Broiled lamb chop Boiled potato Pureed squash souffle Asparagus tips Toast Butter 2 squares Milk 3/4-cream 1/4 Custard  3:00 P.M. Orange juice	Cream soup w/crackers Scrambled eggs-brains Mashed potato-large order Pureed buttered carrots Toast Butter - 2 squares Milk 3/4-cream 1/4 Ripe banana Spanish cream  9:00 P.M. Eggnog
Tomato juice 1/2 grapefruit Cream of Wheat Eggs-crisp bacon Toast white Butter 2 squares Milk-cream  10:00 A.M. Orange juice		



# DIET MANUAL

## HIGH CALORIC HIGH VITAMEN LOW RESIDUE DIETS

### Breakfast

Pureed fruit  
Tomato juice  
Cream of Wheat  
Eggs-crisp bacon  
Toast white  
Butter-2 squares  
Milk-cream

10:00 A.M.  
Orange juice

Orange juice  
Cream of Wheat  
Eggs  
Crisp bacon  
Toast-white  
Butter 2 squares  
Milk-cream  
Jelly

10:00 A.M.  
3/4 glass milk w/  
1/4 cream

Banana  
Pureed fruit  
Cream of Wheat  
Orange juice  
Eggs  
Bacon  
Toast, white  
Butter 2 squares  
Milk  
Cream

10:00 A.M.  
Eggnog w/buttered  
crackers

### Dinner

Cream soup  
Crackers  
Creamed sweetbreads  
Baked potato, peeled  
Fresh asparagus tips  
Toast white  
Butter 2 squares  
Milk-cream

Tomato juice  
Custard

3:00 P.M.  
Fruit juice

Cream soup  
Crackers  
White meat chicken w/  
cream strained gravy  
Mashed potato  
Pureed buttered peas  
Toast-white  
Butter 2 squares  
Milk-cream  
Cottage cheese and cream  
Butterscotch ice cream  
Lady fingers

3:00 P.M.  
Tomato juice w/crackers

Cream soup w/crackers  
Fluffed meat ball  
Buttered fresh asparagus  
tips  
Mashed potato  
Celery root timbale  
Toast, white  
Butter, 2 squares  
Prune whip  
Milk

3:00 P.M.  
Tomato juice  
Buttered white toast

### Supper

Cream soup  
Crackers  
Loin lamb chop  
Mashed potato  
Pureed buttered peas  
Toast-white  
Butter 2 squares  
Milk-cream  
Chocolate sponge  
Fruit juice

9:00 P.M.  
Eggnog

Strained soup  
Crackers  
Tuna fish timbale  
Steamed rice  
Pureed string beans  
Toast-butter  
Milk-cream  
Asparagus tips  
w/mayonnaise  
Baked apple, peeled  
w/whipped cream

9:00 P.M.  
Eggnog-crackers

Cream mushroom soup  
Lamb chop  
Mashed potato  
Pureed spinach  
Pureed carrots  
Toast, white  
Butter, 2 squares  
Floating Island  
pudding

9:00 P.M.  
Orange juice

DIET MANUAL  
DENTAL HIGH CALORIC HIGH VITAMIN DIETS

Breakfast	Dinner	Supper
Orange juice Fresh banana Cooked cereal Eggs Graham toast Butter 2 squares Milk-cream  10:00 A.M. Orange or tomato juice	Chicken rice soup Ground chicken Mashed potato Puree of peas Savory custard Graham bread Butter Milk 3/4-cream 1/4 Vanilla ice cream  3:00 P.M. Tomato juice	Cream tomato soup Ground roast beef Pureed lima beans Pureed squash Graham bread Butter Milk 3/4-cream 1/4 Baked apple with whipped cream  9:00 P.M. Eggnog
Pineapple juice Pureed fruit Flaked wheat Eggs Graham bread Butter 2 squares Milk-cream  10:00 A.M. Tomato or orange juice	Split pea soup Grated roast veal w/gravy Scalloped sweetbreads Baked potato with butter Pureed beets Celery root Graham bread Butter - 2 Milk 3/4-cream 1/4 Sliced oranges  3:00 P.M. Eggnog	Soup, crackers Ground frankfurters Pureed carrots Cottage cheese Steamed rice Graham bread Butter - 2 squares Milk 3/4-cream 1/4 Pureed nectarines  9:00 P.M. Tomato juice
Pureed prunes Cream of Wheat Eggs Graham toast Butter - 2 squares Milk-cream  10:00 A.M. Orange juice	Soup-crackers Lamb pattie Steamed rice Scalloped tomato Eggplant timbale Graham bread Hot corn bread Butter 2 squares Milk 3/4 and cream 1/4 Tapioca pudding w/sauce  2:00 P.M.   Eggnog	Bouillon Scrambled eggs and brains Scalloped potato Artichoke w/Hollandaise Cottage cheese Graham bread Butter - 2 squares Milk 3/4-cream 1/4 Orange delight  9:00 P.M. Tomato juice
Pureed fruit Cooked cereal Eggs Graham toast Butter 2 squares Milk-cream  10:00 A.M. Fruit juice	Soup-crackers Scalloped brains Boiled potato Pureed zucchini Banana-orange salad Graham bread-butter-2 Milk 3/4-cream 1/4 Jello-whipped cream  3:00 P.M.   Eggnog	Tomato bouillon Ground roast veal Cream gravy Asparagus tips Graham bread-butter-2 Milk 3/4-cream 1/4 Prune whip-lady fingers  9:00 P.M. Tomato juice

DIET MANUAL  
DENTAL HIGH CALORIC HIGH VITAMIN DIETS

Breakfast

Applesauce  
Cream of Wheat  
Graham bread  
Butter - 2 squares  
Milk-cream

10:00 A.M.  
Tomato or orange  
juice

Fresh banana  
Grapefruit juice  
Cream of Wheat  
Eggs  
Graham toast  
Butter - 2 squares  
Milk-cream

10:00 A.M.  
Eggnog w/crackers

Pureed fruit  
Orange juice  
Oatmeal  
Eggs  
Graham bread  
Butter 2 squares  
Milk-cream

10:00 A.M.  
Eggnog w/crackers

Dinner

Clam chowder  
Baked sea bass  
Creamed potato  
Cheese souffle  
Pureed spinach  
Graham bread  
Butter - 2 squares  
Milk 3/4-cream 1/4  
Bread pudding  
w/chocolate sauce

3:00 P.M. Tomato juice

Barley soup  
Ground chicken w/gravy  
Mashed potato  
Fresh asparagus tips  
Chopped boiled cabbage  
Graham bread  
Butter 2 squares  
Milk  
Prune whip with whipped cream  
3:00 P.M.  
Tomato juice w/buttered  
crackers

Strained soup  
Ground ham w/ gravy  
Creamed potato  
Scalloped tomato  
Graham bread  
Butter 2 squares  
Milk 3/4-cream 1/4  
Baked banana

3:00 P.M.  
Orange juice

Supper

Vegetable soup  
Crackers  
Ground roast beef  
Baked potato stuffed  
w/ground liver  
Buttered pureed beans  
Graham bread  
Butter - 2 squares  
Milk 3/4-cream 1/4  
Marshmallow pudding  
w/ sauce

9:00 P.M. Eggnog

Mushroom soup  
Ground roast lamb  
w/gravy  
Mashed potato  
Pureed spinach  
Pureed carrots  
Graham bread  
Butter - 2 squares  
Milk  
Floating island  
pudding

9:00 P.M.  
Orange juice

Strained soup  
Crackers  
Ground roast veal  
Gravy  
Mashed potato with  
extra butter  
Pureed buttered beets  
Graham bread  
Butter - 2 squares  
Milk 3/4-cream 1/4  
Spanish cream

9:00 P.M.  
Tomato juice



# DIET MANUAL

## BLAND DIETS

### Breakfast

Orange juice  
Oatmeal  
Poached eggs  
Bacon  
Toast (white bread)  
Butter  
Milk, Sanka or  
Postum

Apple sauce  
Cream of Wheat  
Egg souffle  
Bacon  
Toast (white bread)  
Butter  
Milk, Sanka or Postum

Banana with cream  
Corn flakes  
Poached eggs  
Bacon  
Toast (white bread)  
Butter  
Milk, Kaffee Hag  
or Postum

Orange juice  
Baked omelet  
Bacon  
Graham toast  
Butter  
Milk or Postum

Apple sauce  
Puffed rice  
Poached eggs  
Bacon  
Toast(white)butter  
Milk or Sanka

### Dinner

Creamed soup  
Broiled chicken  
Graham bread-butter  
Mashed potatoes  
Baked squash  
Asparagus tips  
Lettuce-pear salad  
(shred tender lettuce)  
Ice cream  
Milk or Kaffee Hag

Strained vegetable soup  
Creamed sweetbreads  
Baked potato  
Diced carrots  
Tender string beans  
Graham bread-butter  
Shredded lettuce and  
asparagus salad  
Tapioca pudding  
Milk or Kaffee Hag

Creamed soup  
Broiled lamb chops  
Graham toast-butter  
Baked potato  
Spinach  
Puree of prunes  
Cup custard  
Milk or Sanka

Strained vegetable soup  
Roast veal  
Creamed potatoes  
Mashed peas  
Baked squash  
Banana-pear salad  
Bread(white)-butter  
Tapioca pudding  
Milk or Sanka

Creamed asparagus soup  
Broiled fish  
Boiled potatoes  
Diced carrots  
Tender string beans  
Sliced ripe pears  
Graham bread-butter  
Graham whip  
Milk or Kaffee Hag

### Supper

Scraped beef balls  
Scalloped potato  
Creamed peas  
Graham toast  
Butter  
Stewed peaches  
Rice pudding  
Milk

Liver and bacon  
Boiled rice  
Sliced beets  
Graham toast  
Butter  
Canned pears  
Jello with cream  
Milk or Sanka

Broiled steak  
Boiled potato  
Tender string beans  
Graham toast  
Butter  
Sponge cake  
Milk or Sanka

Cottage cheese  
Boiled potatoes  
Boiled beets  
Graham toast-butter  
Stewed apricots  
Plain cookies  
Milk or Postum

Broiled liver  
Baked potato  
Buttered cauliflower  
Graham toast-butter  
Stewed peaches  
Blanc mange  
Milk or Postum

DIET MANUAL  
TUBERCULOSIS DIETS  
(Regular)

Breakfast

Figs  
Cooked cereal  
Eggs-bacon  
Toast-butter  
Milk  
Cream

Applesauce  
Cooked cereal  
Eggs-crisp bacon  
Toast-butter  
Milk-cream  
Jam

Banana  
Cream of Wheat  
Eggs  
Crisp bacon  
Toast-butter  
Milk-cream

Stewed rhubarb  
Cooked cereal  
Eggs-crisp bacon  
Toast-butter  
Milk-cream  
Jam

Dinner

Soup  
Small steak  
Boiled potato  
Baked zucchini  
Banana salad  
Mayonnaise  
Toast  
Butter  
Milk  
Apple pie w/cheese

Oxtail soup  
Bread sticks  
Roast lamb w/gravy  
Mint jelly  
Mashed potato  
Buttered peas  
Celery root and pineapple  
saled  
Boiled dressing  
Toast-butter  
Milk  
Orange ice-cookies

Barley soup  
Fluffed meat balls  
Boiled potato  
Fresh asparagus tips w/butter  
Mixed fruit salad  
Boiled dressing  
Toast-butter  
Milk-cream  
Prune whip w/whipped cream

Lima bean soup  
Small broiled steak  
Boiled potato  
Glazed potato (sweet)  
Perfection salad  
Mayonnaise  
Toast and butter  
Milk-cream  
Apple pie-cheese

Supper

Tomato bouillon  
Grilled pork chops  
Cream gravy  
Steamed rice  
Fresh asparagus  
tips  
Lettuce-Fresh French  
dressing  
Toast-butter  
Milk  
Prune whip-cookies

Soup  
Baked veal loaf  
w/tomato sauce  
Creamed potato  
Baked eggplant  
Cole slaw  
Toast-butter  
Milk  
Pineapple Bavarian  
cream

Mushroom soup  
Short ribs of beef  
Gravy  
Mashed potato  
Buttered carrot-  
peas  
Wilted lettuce  
Toast -butter  
Milk-cream  
Floating island  
pudding

Vegetable soup  
Grilled pork chops  
Cream gravy  
Mashed potato  
Fresh asparagus  
tips  
Shredded lettuce  
Toast-butter  
Milk-cream)  
Apricots  
Jelly roll

DIET MANUAL  
TUBERCULOSIS DIETS  
(Regular)

Breakfast	Dinner	Supper
Applesauce Cream of Wheat Eggs Fried ham Toast Butter-jam Milk-cream	Clam chow der Fried scallops w/ tartar sauce Creamed potato Scalloped corn Cole slaw Cream dressing Bread - butter Milk-cream Bread pudding Chocolate sauce	Vegetable soup Broiled lamb chops Cream gravy Baked potato Buttered string beans Combination vegetable salad Mayonnaise Toast-butter Milk-cream Marshmallow pudding
Applesauce Flaked wheat Eggs Crisp bacon Toast-butter Milk-cream	Vegetable soup Creamed lamb on toast Mashed potato Buttered beets Banana salad Mayonnaise Toast Butter Milk Tapioca cream pudding	Tomato bouillon Chicken croquettes Giblet gravy Steamed rice Broccoli with Hollandaise sauce Asparagus salad Mayonnaise Toast-butter Milk-cream Ice cream cookies
Banana Cooked cereal Eggs-bacon Toast-butter Milk-cream	Oxtail soup Small broiled steaks Boiled potato Buttered diced carrots Combination vegetable salad Mayonnaise Toast-butter Milk-cream Butterscotch pie Fresh fruit	Cream pea soup Fried oysters Tomato sauce Boiled potato Artichoke with Hollandaise sauce Toast-butter Milk-cream Shredded lettuce French dressing Sliced fruit
Tomato juice Cream of wheat Eggs Fried bacon Toast-butter Milk-cream	Bean soup Broiled lamb chop Boiled potato Baked squash Vegetable salad Mayonnaise Toast-butter Milk Chocolate cream pie	Noodle soup Hot roast beef sand- wich Brown gravy Mashed potato Buttered carrots Lettuce-French dressing Toast-butter Milk Banana and cream



DIET MANUAL  
TUBERCULOSIS DIETS  
(Regular)

Breakfast

Pineapple juice  
Flaked wheat  
Eggs-bacon  
Toast-butter  
Jelly  
Milk-cream

Oranges  
Cooked cereal  
Eggs-fried ham  
Toast-butter  
Milk-cream  
Jelly

Figs  
Oatmeal  
Eggs-crisp bacon  
Toast-butter  
Milk-cream

Sliced grapefruit  
Oatmeal  
Eggs-bacon  
Toast and butter  
Milk-cream

Dinner

Split pea soup  
Roast veal w/gravy  
Baked potato  
Creamed cauliflower  
Pickled beet and egg  
salad  
Toast  
Butter  
Milk-cream  
Butterscotch pie  
Fresh fruit

Fruit cocktail  
Noodle soup  
Broiled chicken  
Cream gravy  
Baked sweet potato  
Buttered peas  
Toast-butter  
Milk-cream  
Special ice cream  
Lady fingers

Soup  
Broiled lamb chop  
Creamed potato  
Baked squash  
Creamed dressing  
Toast  
Butter  
Milk-cream  
Fresh banana

Potato chowder  
Roast beef w/gravy  
Baked potato  
Swiss chard  
Carrot-raisin salad  
Boiled dressing  
Toast  
Butter  
Milk  
Tapioca cream pudding

Supper

Scotch barley broth  
Lamb chop  
Hashed brown potato  
Glazed carrots  
Wilted lettuce  
Toast  
Butter  
Milk-cream  
Sliced fruit

Jackson soup  
Crackers  
Tuna fish timbale  
Creamed hominy  
Buttered string beans  
Sliced tomato-aspara-  
gus salad  
Mayonnaise  
Toast  
Butter  
Milk-cream  
Baked apple-whipped  
cream

Mock turtle soup  
Creamed eggs  
Mashed potato  
Buttered beets  
Hearts lettuce  
French dressing  
Toast and butter  
Milk-cream  
Spanish cream

Tomato bouillon  
Creamed chicken  
on toast  
Steamed rice  
Fresh asparagus tips  
Cottage cheese and  
pear salad  
Mayonnaise  
Toast-butter  
Milk-cream  
Fresh fruit

DIET MANUAL  
ENTERIC DIET IN TUBERCULOSIS

Breakfast	Dinner	Supper
Tomato juice Oatmeal, strained Bacon, 2 slices White toast, butter Milk Coffee  10:00 A.M. Cocoa milk	Cream of mushroom soup Crackers Broiled steak Baked potato Pureed, carrots, butter White toast Milk Bananas in Jello  2:00 P.M. Eggnog	Strained lima bean soup Crackers Broiled filet of sole Scalloped potatoes Pureed beets White toast, butter Poiled custard  9:00 P.M. Junket
Orange juice Corn flakes Broiled ham White bread, toasted Butter Milk Coffee  10:00 A.M. Malted milk	Consomme - crackers Veal loaf Cream sauce gravy Mashed potatoes Pureed peas White toast-butter Milk Sponge cake Whipped cream  2:00 P.M. Grape juice	Grapejuice cocktail Crackers Broiled liver and bacon Potatoes on half shell Pureed string beans White toast Milk Custard ice cream  9:00 P.M. Glass of milk
Sliced bananas Rice Crispies Bacon Scrambled eggs White toast-butter Milk Coffee  10:00 A.M. Orange juice	Cream of celery soup Crackers Broiled chicken Tender asparagus tips Parsley new potatoes White toast-butter Milk Fruit compote, peaches, apples, apricots  2:00 P.M. Chocolate milk	Cold tomato consomme Crackers Hot roast beef sliced on toast-gravy Mashed potato Pureed turnips Milk Orange sponge pudding  9:00 P.M. tomato juice
Pureed fruit (prunes) Cream of Wheat Eggs-bacon White toast-butter Milk Coffee  10:00 A.M. Grapefruit juice	Strained vegetable soup Crackers Roast lamb-strained gravy Mashed potato Pureed buttered carrots White toast Milk Orange ice  2:00 P.M. Malted milk	Cream asparagus soup Crackers Scalloped sweetbreads Baked potato Pureed lima bean timbale Baked squash White toast-butter Cup custard Milk  9:00 P.M. Orange juice

DIET MANUAL  
DIET IN LARYNGEAL TUBERCULOSIS

Breakfast	Dinner	Supper
Prune juice Strained thin oatmeal Coddled eggs Toast-salt free Coffee  10:00 A.M. Tomato juice	Boiled whitefish-boned Cream sauce Baked potato Pureed peas Bread-salt free Plain ice cream Tea or coffee  2:00 P.M. grapefruit juice	Cream of asparagus soup Poached eggs on toast Pureed carrots Boiled potato Salt free bread Lemon snow with boiled custard  9:00 P.M. Orange juice
Orange juice Strained Cream of Wheat Skimmed milk Broiled sweetbreads Toast, salt free Coffee  10:00 A.M. Malted milk	Liver loaf Scalloped potatoes Pureed string beans Salt free bread Floating island pudding Coffee or tea  2:00 P.M. orange juice	Eggnog Scalloped tuna and potato casserole Pureed spinach timbale Salt free bread Whipped jello Coffee or tea  9:00 P.M. Grapejuice
Tomato juice Crisp bacon Scrambled eggs Toast, salt free Strained Farina Skimmed milk Coffee  10:00 A.M. Strained apricot juice	Sliced white meat of roast chicken Creamed potatoes Pureed spinach Salt free bread Banana custard Coffee or tea  2:00 P.M. Tomato juice	Cream of tomato soup Scraped beef Baked potato Puree summer squash Salt free bread Plain ice cream Coffee  9:00 P.M. Malted milk
Grapefruit juice Crisp bacon Soft boiled eggs Salt free toast Oatmeal with skimmed milk Coffee  10:00 A.M. Prune juice	Creamed chicken on toast Pureed beans Creamed cauliflower Salt free bread Cup custard Tea or coffee  2:00 P.M. Eggnog	Cream of celery soup Roast beef Pureed beets Baked potato Salt free bread Banana-cottage cheese salad Applesauce Coffee, cream, sugar  9:00 P.M. Orange juice

Note: If there is much difficulty in swallowing the above menus, tube diets listed on page 13 may be tried.



# DIET MANUAL

## Part VI

### REFERENCE DATA

# DIET MANUAL

## CHAPTER XXXI

### USEFUL TABLES, WEIGHTS AND MEASURES And Some Recipes Used in Special Diets

#### MEASURES

FOOD-	UNIT-	EQUIVALENT-
Bread .....	16 oz. (1 loaf).....	5 cups soft crumbs
Butter.....	1 lb.....	2 cups
American cheese.....	1/2 lb.....	2 1/2 cups,grated
Cream cheese.....	3 oz.....	6-2/3 tablespoons
Chocolate (cake).....	1 oz.....	1 square
Chocolate (ground).....	1 oz.....	4 tablespoonfuls
Corn meal.....	1 lb.....	3 cups
Eggs.....	1 medium.....	2 ounces
Eggs (whites).....	7 to 10.....	1 cup
Eggs (yolks).....	11 to 14.....	1 cup
Flour, cake sifted.....	1 lb.....	4 1/2 cups
Flour, bread.....	1 lb.....	4 cups
Flour, graham.....	1 lb.....	3 1/2 cups
Flour, rye.....	1 lb.....	5 cups
Lemon juice.....	1 medium.....	3 tablespoonfuls
Lemon, rind grated.....	1 medium.....	3 teaspoonfuls
Orange, juice.....	1 medium.....	1/2 cup
Orange, rind, grated.....	1 medium.....	2 tablespoonfuls
Rice.....	1 lb.....	2 cups
Rice.....	1/2 cup (raw).....	2 cups, cooked
Suet.....	2 1/2 oz.....	1 cup, chopped
Sugar, brown.....	1 lb.....	2 cups, firmly packed
Sugar, confectioners.....	1 lb.....	3 1/2 cups
Sugar, granulated.....	1 lb.....	2 1/4 cups
Salt.....	1 oz.....	2 tablespoonfuls
Pepper.....	1 oz.....	3 tablespoonfuls
Cornstarch.....	1 oz.....	3 tablespoonfuls
Cinnamon.....	1 oz.....	4 tablespoonfuls
Cloves.....	1 oz.....	4 tablespoonfuls
Mace.....	1 oz.....	4 tablespoonfuls
Curry powder.....	1 oz.....	4 tablespoonfuls
Mustard.....	1 oz.....	4 tablespoonfuls
Thyme.....	1 oz.....	4 tablespoonfuls
Marshmallows.....	1/4 lb.....	16 marshmallows
Almonds (in shell).....	1 lb.....	2 cups, chopped
Peanuts (in shell).....	1 lb.....	2 cups, chopped
Peacans (in shell).....	1 lb.....	2 cups, chopped
Walnuts (in shell).....	4 oz.....	1 cup, chopped

## DIET MANUAL

### WEIGHTS

4 ounces.....	1/4 pound
16 ounces.....	1 pound
60 drops.....	1 teaspoonful
3 teaspoonfuls.....	1 tablespoonful
4 tablespoonfuls.....	1/4 cup
8 tablespoonfuls.....	1/2 cup
16 tablespoonfuls.....	1 cup
1 gill.....	1/2 cup
2 cups.....	1 pint
4 cups.....	1 quart
4 quarts.....	1 gallon
8 quarts.....	1 peck

### EQUIVALENTS

1 gram carbohydrate.....	4 calories
1 gram protein.....	4 calories
1 gram fat.....	9 calories
1 tablespoonful.....	4 drams, 15cc
1 teaspoonful.....	1 dram, 4 cc
30 cc.....	1 ounce
30 grams.....	1 ounce
1 kilogram.....	2.2 pounds

### OVEN TEMPERATURES

Slow oven.....	250-350 degrees F.
Moderate oven.....	350-400 degrees F.
Hot oven.....	400-450 degrees F.
Very hot oven.....	450-500 degrees F.

### SIZE CANNED FOOD

No. 1 can.....	1-1/3 cups	No. 3 can.....	4 cups
No. 2 can.....	2-2/5 cups	No. 10 can.....	13-1/4 cups
No. 2-1/2 can.....	3-3/5 cups		



# DIET MANUAL

## AVERAGE WEIGHT OF GIRLS (Without Clothing)

		Height Inches													
Age, years	20.5	29	33	36	39	41.5	45	47	50	52	54	56	58	60	62
Birth .....	7														
1 year.....		20													
2 years.....			25												
3 years.....				29.5											
4 years.....					33										
5 years.....						37									
6 years.....							42								
7 years.....								48.5							
8 years.....									55						
9 years.....										61.5					
10 years.....											68				
11 years.....												75			
12 years.....													81.5		
13 years.....														90	
14 years.....															106

## AVERAGE WEIGHT OF BOYS (Without Clothing)

		Height Inches													
Age, years	20.5	29.5	33.5	36.5	39	42.5	45	47	50	52	54	56	58	60	63
Birth.....	7.5														
1 year.....		21.5													
2 years.....			26.5												
3 years.....				31											
4 years.....					34.5										
5 years.....						37.5									
6 years.....							47								
7 years.....								50							
8 years.....									56.5						
9 years.....										62					
10 years.....											69				
11 years.....												76.5			
12 years.....													86		
13 years.....														98	
14 years.....															112

DIET MANUAL  
NORMAL WEIGHTS FOR WOMEN  
(Without Clothing)

Age, Years	4 ft. 8 in.	4 ft. 10 in.	5 ft.	5 ft. 2 in.	5 ft. 4 in.	5 ft. 6 in.	5 ft. 8 in.	5 ft. 10 in.	6 ft.
15	96	100	102	107	112	121	129	137	147
16	97	101	104	109	115	123	131	138	148
17	98	102	106	111	117	124	132	139	149
18	99	103	107	112	118	125	133	140	150
19	100	104	108	113	119	126	134	141	150
20	101	105	109	114	120	127	135	142	151
21-22	102	106	110	115	121	128	136	143	152
23	103	107	111	116	122	129	137	145	152
24-25	104	108	112	116	123	130	138	146	153
26-27	105	109	113	117	124	131	139	147	154
28-29	106	110	114	118	125	132	140	148	155
30	107	111	115	119	126	133	141	149	156
31-32	108	112	116	120	127	135	143	150	157
33	109	113	117	121	128	136	144	151	157
34-35	110	114	118	122	129	137	145	152	158
36-37	111	115	119	123	131	138	146	153	159
38	112	116	120	125	132	140	148	155	161
39	113	117	121	126	133	141	149	156	162
40	114	118	122	127	133	141	149	156	162
41-42	115	119	123	128	134	142	150	157	163
43	116	120	124	129	135	143	151	158	165
44-45	117	121	125	130	136	144	152	159	166
46-47	118	122	126	131	137	145	153	160	168
48-49	119	123	127	132	138	147	155	162	170
Over 50	120	124	128	133	139	148	157	162	172

DIET MANUAL  
NORMAL WEIGHTS FOR MEN  
(Without Clothing)

Age, Years	5 ft. 2 in.	5 ft. 4 in.	5 ft. 6 in.	5 ft. 8 in.	5 ft. 10 in.	6 ft.	6 ft. 2 in.
15	101	106	112	120	128	136	156
16	103	108	114	122	130	138	158
17	105	110	116	124	132	140	160
18	107	112	118	126	134	142	162
19	109	114	120	128	136	144	164
20	111	116	122	130	138	146	165
21	112	117	124	132	139	147	166
22	113	118	125	133	140	148	167
23	114	119	126	134	141	149	169
24	115	120	127	135	142	150	171
25	116	120	127	135	143	151	173
26	117	121	128	136	144	152	174
27	118	122	128	136	144	152	175
28	119	123	129	137	145	153	176
29-30	120	124	130	138	146	154	178
31-33	121	125	131	139	148	156	180
34-35	122	126	132	140	149	158	182
36-37	123	127	133	141	150	160	184
38-39	124	128	134	142	151	161	186
40-41	125	129	135	143	152	162	187
42-43	126	130	136	144	153	163	188
44-45	127	131	137	145	154	164	189
46-50	128	132	138	146	155	165	191
Over 50	129	133	139	147	157	167	192



DIET MANUAL  
CHAPTER XXXXII

RECIPES USEFUL IN CERTAIN SPECIAL DIETS

In Pernicious Anemia, liver is an important part of the therapy. It frequently is a real problem to get patients to eat as much liver as they should.

At this time, it is important that the dietitian have available numerous recipes for the preparation of liver dishes. An excellent group of recipes for serving liver are those from the Thomas Henry Simpson Memorial Institute for Medical Research. They are quoted below and should be adequate for the preparation of liver for all purposes.

RECIPES FOR SERVING LIVER  
(A) Hot Dishes

- |                              |                           |
|------------------------------|---------------------------|
| 1. A la King                 | 18. Italian spaghetti     |
| 2. Baked                     | 19. Loaf                  |
| 3. Boiled with onion sauce   | 20. Omelette              |
| 4. Boiled with Mexican sauce | 21. Pie                   |
| 5. Broiled                   | 22. Scrapple              |
| 6. Chili con carne           | 23. Shepherd's pie        |
| 7. Creamed on toast          | 24. Soup, creamed         |
| 8. Creamed with onions       | 25. Soup, with vegetables |
| 9. Creamed with cauliflower  | 26. Stew, with biscuits   |
| 10. Chop suey                | 27. Stuffed               |
| 11. Chow mein                | 28. Stuffed peppers       |
| 12. Croquettes               | 29. Stuffed potatoes      |
| 13. En casserole             | 30. Stuffed tomatoes      |
| 14. Fried with bacon         | 31. Tomato bisque         |
| 15. Fried with onions        | 32. Turn over             |
| 16. Hash                     | 33. With noodles          |
| 17. Indian curry             | 34. With corn creole      |

(B) Cold Dishes

- |                             |                          |
|-----------------------------|--------------------------|
| 35. Cocktail                | 40. Stuffed tomato salad |
| 36. Cold sliced with relish | 41. Stuffed pepper salad |
| 37. Jellied                 | 42. Sandwiches           |
| 38. Jellied in aspic        | 43. Toasted sandwiches   |
| 39. Salad                   | 44. Club sandwiches      |

(C) Salad Dressings

- |                          |                              |
|--------------------------|------------------------------|
| 45. Horseradish dressing | 47. Russian dressing         |
| 46. Mayonnaise dressing  | 48. Thousand island dressing |

(D) Beverages

- |                     |                     |
|---------------------|---------------------|
| 49. Cherry lemonade | 52. Orange juice    |
| 50. Coffee shake    | 53. Tomato bouillon |
| 51. Iced chocolate  |                     |

## DIET MANUAL

### (E) Miscellaneous

- |                             |                   |
|-----------------------------|-------------------|
| 54. Catsup                  | 56. Ice Cream     |
| 55. Dresden chocolate chips | 57. Tomato relish |

### (A) HOT DISHES

#### 1. Liver a la King

- |                                 |                        |
|---------------------------------|------------------------|
| 2/3 cup ground liver, cooked    | 2 tblsps. butter       |
| 1/4 cup celery (cooked)chopped  | 1/3 cup broth or water |
| 1/4 cup mushrooms               | 1/3 cup milk           |
| 2 tblsps. onion, chopped        | 1/2-1 tblsps. flour    |
| 2 tblsps. green pepper, chopped | 1/4 tsp. salt          |
| 2 tblsps. pimento, chopped      | 1/8 tsp. pepper        |

Simmer mushrooms, green pepper and onions in butter until peppers are slightly transparent. Add flour, diluted with milk, then the broth and stir until thickened. Add the remaining ingredients and keep hot in a double boiler until ready to serve on toast. If not all taken, this may be reheated the following day.

#### 2. Baked Liver

- |                                |                 |
|--------------------------------|-----------------|
| 1/4 lb. sliced liver           | Flour           |
| 1 can stewed or canned tomato, | 1/2 tsp. salt   |
| onion, (small).                | 1/8 tsp. pepper |

Dredge liver with flour and sprinkle with salt and pepper. Place in buttered baking dish. Cover with sliced onions, sprinkle with salt and pepper and pour tomatoes over it. If pan is very shallow, more tomatoes may be needed. Bake in a moderate oven until liver is tender.

#### 3. Boiled Liver With Onion Sauce

- |                         |            |               |
|-------------------------|------------|---------------|
| 1/2 lb. liver, unsliced | 1 bay leaf | Celery leaves |
|-------------------------|------------|---------------|

Cook slowly in salted water with celery leaves and bay leaf until tender. Remove skin, slice and serve with:

##### Onion Sauce

- |                        |               |
|------------------------|---------------|
| 1/4 cup chopped onions | 1/4 tsp. salt |
| 1tblsps. butter        | Spk. pepper   |
| 1 tblsps. flour        | Milk          |

Boil onions until tender, drain and to liquor add enough milk to make up to 1/2 cup. Blend butter and flour together, add milk and simmer until smooth and thick. Add onions, salt and pepper.

## DIET MANUAL

### 4. Boiled Liver With Mexican Sauce

Reheat sliced cold boiled or broiled liver in:

#### Mexican Sauce

1/2 onion, finely chopped	1/4 clove garlic (if desired)
1 tblsp. butter	1/2 cup tomatoes
1/2 red pepper or pimento	1 tsp. Worcestershire, salt
1/2 green pepper	and pepper.

Simmer the onion in the butter. Add the remaining ingredients. Cook five minutes, then add slices of liver.

### 5. Broiled Liver

Parboil 1/2 pound liver for 10 minutes. Remove skin and slice. Place on a greased broiling rack and cook slowly for 5 to 10 minutes. Turn frequently. Dot with butter, salt and pepper, and garnish with parsley or lemon.

### 6. Chili Con Carne

1/2 cup liver, uncooked, chopped	1 tblsp. onion
1/2 red pepper or pimento, chopped, salt and pepper	1/2 tsp. Chili powder

Cool all together until liver is tender and there is very little liquor. Add 1/2 cup red kidney beans. Cook together 10 minutes.

### 7. Creamed Liver on Toast

1/2 cup diced liver	3/4 cup milk
1 tblsp. flour	1/4 tsp. salt and spk. pepper
2 tblsp. butter	1 tsp. Worcestershire sauce

Fry liver in butter until tender. Add flour and stir until blended. Add milk. Add Worcestershire, salt and pepper and serve on toast or crackers.

### 8. Creamed Liver With Onions

1/2 cup diced liver	1 1/2 tblsps flour
2 small onions	3/4 cup milk
3 tblsps bacon drippings	1/4 tsp. salt and spk. pepper

Brown onions and liver together in bacon drippings. Add flour. When blended add the milk slowly; simmer until liver is tender.



## DIET MANUAL

### 9. Creamed Cauliflower With Liver

1/2 cup diced uncooked liver	1 tblsp. flour
1 tblsp. butter	1/2 cup milk
1/2 cup cauliflower, cooked	

Sear liver in butter. Cover with water and simmer slowly until very tender. Shake over flame last few minutes that there may be no water left. Serve on a warm plate, pouring white sauce over liver, and cauliflower on the white sauce.

### 10. Liver Chop Suey

2/3 cup cooked liver, ground	1/3 cup tomato juice
1/4 cup cooked celery, chopped	1-1/2 tblsps. flour
2 tblsps. onion	2 tblsps. butter
2 tblsps. green pepper	1/4 tsp. salt
1/2 cup broth or bouillon	1/8 tsp. pepper

Simmer onion and green pepper in butter until pepper is clear. Add liver and cooked celery, broth and flour diluted with tomato juice. Stir until smooth and thick. Serve with boiled rice.

### 11. Liver Chow Me in

Use liver a la king recipe and serve with fried noodles.

### 12. Liver Crouquettes

2/3 cup cooked liver, chopped	1 tsp. lemon juice
1/4 tsp. salt	1 tblsp. onion, chopped
1/8 tsp. celery salt, spk cayenne	1 tsp. parsley
pepper	1/2 cup thick white sauce

Mix ingredients in order given. Cool, shape, roll in crumbs, then beaten eggs and again in crumbs. Fry in deep fat or bake in a hot oven.

### 13. Liver En Casserole

1/4 lb. sliced liver	1 carrot, sliced
Flour	1 onion, sliced
1/4 tsp. salt	1 small turnip, sliced
1/8 tsp. pepper	1/2 cup peas
2 medium potatoes, quartered	2 tblsps. butter
Water	

Dredge liver in flour, salt and pepper. Sear on both sides. Place half of the liver in the bottom of a buttered casserole, cover with vegetables. Place remaining liver on the top and add water to come half way up the vegetable layer. Bake with the cover on for 1 1/2 hours.

## 14. Fried Liver With Bacon

1/4 lb. liver	Salt and pepper
2 slices bacon	Flour

Fry bacon and remove to hot plate. Dredge liver in flour, salt and pepper. Cook liver slowly in bacon drippings until it can be pierced easily with a fork.

## 15. Fried Liver With Onions

1/4 lb. sliced liver	Flour
1 large onion	Salt and pepper

Dredge liver with flour, salt and pepper. Sear in bacon drippings and surround with sliced onions, turning them frequently until brown.

## 16. Liver Hash

3/4 cup cooked liver, chopped	1/4 tsp. salt
3/4 cup cooked potato, chopped	1/8 tsp. pepper
1/2 small onion, chopped	1/3 cup milk

Mix and brown each side slowly in a hot buttered frying pan. Turn and serve with catsup or horseradish.

## 17. Indian Curry of Liver

1/2 C. diced liver	1/2 tsp. curry powder
2 tblsps. butter	1-1/2 tblsps. flour
2 slices onion	

Sear liver in butter, add onions and cook until brown. Add curry powder, cover with boiling water and cook until meat is tender. Thicken with flour diluted with cold water to pour easily. Serve with steamed or boiled rice.

## 18. Italian Spaghetti With Liver

1/2 cup cooked spaghetti or macaroni	1 tsp. chili powder (if desired)
2/3 cup cooked ground liver	2/3 cup stewed tomato
3 tblsps. chopped onion	1/4 tsp. salt
1 tblsp. chopped green pepper	1/8 tsp. pepper

Mix tomato, onion, and green pepper. Put layers of spaghetti, liver and tomato in buttered baking dish and bake 1/2 hour.

## 19. Liver Loaf

2/3 cup liver, cooked, ground	1/4 tsp. salt
1/2 cup tomato juice	1/8 tsp. pepper
1 tblsp. onion, finely chopped	1/2 egg, slightly beaten

Mix and bake 20 minutes in moderate oven. Serve with tomato sauce.

## DIET MANUAL

### 20. Baked Omelet With Liver

2 tblsps. butter  
2 tblsps. flour  
1/2 cup tomato juice  
1/4 tsp. salt  
Spk. pepper

1/4 cup chopped celery  
2 tblsps. chopped onion  
1 tblsps. chopped green pepper  
2/3 cup chopped cooked liver  
1 egg

Melt butter and add flour. Add tomato juice, stir until smooth and thick. Add the onion, celery and pepper. Chill. When cold, add yolk, fold in a stiffly beaten white, lastly liver. Place in buttered baking dish uncovered, and bake slowly in a pan of hot water for 3/4 hour.

### 21. Liver Pie

1/2 C. diced liver  
1 small onion  
1 bay leaf

1/4 tsp. salt  
1/8 tsp. pepper  
1-1/2 tblsps. flour

Simmer liver with seasonings until tender. Drain off stock and boil down to 1 cup. Thicken with flour, diluted with enough cold water to pour easily. Put liver in buttered baking dish, cover with gravy and cool. Cut gashes in pie crust and cover dish with it. Bake in a moderate oven until crust is browned.

### 22. Scrapple

1/2 cup cooked corn meal

2/3 cup cooked liver, ground

Mix hot cornmeal and liver. Pack in a moist bowl or smallpan. When cold cut in slices 1/2 inch thick and brown in hot fat. Serve with syrup.

### 23. Shepherd's Pie

Make the same liver pie using hot mashed potato to cover the top instead of pie crust. It is not necessary to cool the liver mixture for Shepherd's pie. Bake until the potato begins to brown.

### 24. Cream of Liver Soup

1/4 cup liver(uncooked ) finely  
chopped  
1/4 cup celery, chopped  
Spk. pepper

1 tblsp. onion  
1/4 tsp. salt  
Spk. paprika

Cook liver, onion and celery in salted water until tender. Melt butter, add flour and boil. Add stock drained from liver and vegetables with added milk to make a cupful. Add liver and vegetables. Season and serve with crisp crackers.



## DIET MANUAL

### 25. Liver Soup With Vegetables

1/4 cup cooked liver, chopped	1/4 cup celery
1 cup tomato juice	1 tsp. parsley
1 tblsp. chopped onion	Salt and pepper

Cook liver, onion and celery in salted water until tender. During the last few minutes of cooking shake so that there will be no water left. Add tomato juice, parsley, simmer 3 to 5 minutes. Season and serve with crisp crackers.

### 26. Liver Stew with Biscuits

See recipe for liver pie using a thin baking powder biscuit mixture to drop on top. It is not necessary to cool the liver and gravy as for liver pie

### 27. Stuffed Liver

1/2 lb. sliced liver	1 tsp. lemon juice
1/2 cup cracker crumbs	1 tsp. chopped onion
Salt pepper and cayenne	

Moisten dressing with hot water. Spread on liver to within 1/2 inch of the edges. Roll each slice, fastening with toothpicks. Fold in flour, sprinkle with salt and pepper and sear. Put 1/2 inch water and tomato juice or milk in pan and simmer, closely covered until liver is tender.

### 28. Stuffed Pepper

2/3 cup cooked liver ground	1/4 tsp. salt
1/4 cup tomato juice	1/8 tsp. pepper
1 tblsp. chopped onion	Buttered bread crumbs

Cut a large pepper in half lengthwise, or slice from stem end of 2 small ones. Remove seeds and parboil in salt water 5 minutes. Stuff, cover with buttered crumbs and bake in a moderate oven until crumbs are brown. About 1/4 inch water in the bottom of the pan will keep them from becoming too dry.

### 29. Stuffed Potato

Cut a large freshly baked potato in half lengthwise. Scoop out, mash and fill one half with liver stuffing (see stuffed peppers). Fill the other half with the mashed potato. Top with buttered bread crumbs and return to the oven for a few minutes to heat liver and brown.

### 30. Stuffed Tomatoes

Scoop out tomatoes leaving a 1/2 inch shell. Fill with liver stuffing, (see stuffed peppers) cover with buttered crumbs and bake in a moderate oven until crumbs are brown.

## DIET MANUAL

### 31. Tomato Bisque With Liver

1/3 cup cooked liver, finely ground	1 tblsp. catsup
2/3 cup strained tomato	1/4 tsp. salt
	1/8 tsp. pepper

Heat tomato with seasonings. Add liver, simmer five minutes. Serve with crisp crackers

### 32. Liver Turn Over

Liver stuffing (see stuffed peppers)  
Pastry

Roll pie crust into a circular piece about 7 inches in diameter and 1/8 inch thick. Place stuffing on one half, fold over the other half. Moisten edges and press firmly together. Cut slashes in top and bake in a moderate oven until pastry is brown - about 45 minutes.

### 33. Liver with Noodles

1/2 cup cooked noodles	2 tblsps. pimento
2/3 cup cooked liver, ground	1 tblsp. butter
1/4 cup cooked celery, chopped	1/4 tsp. salt
1/4 cup mushrooms, quartered	1/8 tsp. pepper
2 tblsps. chopped green peppers	

Simmer onion, green pepper and mushrooms in butter until pepper is slightly transparent. Add celery, pimento, liver, noodles, salt and pepper.

### 34. Creole Corn With Liver

2/3 cup corn, canned	1/3 cup milk
2/3 cup cooked liver, ground	1/4 tsp. salt
1 tblsp. red peppers, chopped	1/8 tsp. pepper

Mix, top with buttered crumbs and bake slowly until crumbs are brown.

## (B) COLD DISHES

### 35. Liver Cocktail

(Cocktail Sauce)

1/2 cup tomato catsup	1/4 tsp. chives or onion
1/4 cup lemon juice	2 tsp. horseradish
2 tblsps. Worcestershire sauce	Salt and pepper

Mix with ground raw liver or liver pulp,--see Sec. D. Beverages; 1/4 pound liver yields 1/3 cup pulp - in the proportion of 1 part liver to 2 parts of sauce. Serve with crisp crackers.

(This recipe was published in J.A.M.A., September 17, 1927, by Dr. Wm. T. Wilkins).

## DIET MANUAL

### 36. Cold Sliced With Relish

Boiled liver (Recipe No. 2) may be served cold with any tart relish such as chili sauce, horseradish, beet relish, catsup or cocktail sauce as above.

### 37. Jellied Liver

2/3 cup ground cooked liver	1/4 tsp. salt
1/4 cup shredded cabbage	1/8 tsp. pepper
2 tblsps. chopped pickle	1 tsp. horseradish
2 tblsps. chopped pimento	1/2 tblsp. granulated gelatin
2 tblsps. vinegar	2 tblsps. cold water
3/8 cup liver broth stock or water	

Soak gelatin in cold water. Dissolve in boiling stock, broth or water. Add vinegar and chill. When partly thickened stir in remaining ingredients. Chill. Serve as salad or cold meat.

### 38. Liver Jellied in Aspic

2/3 cup cooked liver, ground	1/4 tsp. salt
1 cup stewed tomatoes	1/8 tsp. pepper
2 slices onion	1-1/4 tsp. granulated gelatin
1 bay leaf	1 tblsp. cold water

Cook onion, bay leaf, salt, pepper and tomatoes together. Strain. Make up 2/3 cup. Add gelatin which has been soaked in cold water and stir until dissolved. Add liver. Chill. Serve as a salad or as a cold meat.

### 39. Liver Salad

2/3 cup cooked liver, coarsely ground	1/4 cup chopped celery or cucumber
1 tblsp. chopped onion	Salt and pepper
1 tblsp. chopped green pepper	

Mix with mayonnaise or French dressing and serve on lettuce with a slice of lemon.

### 40. Stuffed Tomato salad

Use liver salad mixture to stuff a large tomato which has been prepared as in Recipe 25.

### 41. Stuffed Pepper Salad

Prepare 1/2 cup diced uncooked liver as for sandwich filling. Remove stem end and seeds from a green pepper. Pack tightly with the liver mixture. Chill. Cut pepper in 1/2 inch slices crosswise and serve on lettuce.



## DIET MANUAL

### 42. Liver Sandwiches

1/2 cup diced liver (uncooked)

Brown in hot fat, add boiling water and simmer until very soft. Continue cooking until all the liquid has been absorbed. Mash, season moisten with catsup or a little hot water. Spread on graham or white bread. Chopped pickles may be added if desired.

### 43. Toasted Sandwiches

Make sandwiches same as above. Toast on both sides, stick with 2 toothpicks to keep bread from curling. Serve at once.

### 44. Club Sandwiches

Use sandwich filling as above or slice of cold boiled liver. Butter bread lightly, spread filling between. Butter top of sandwich, place on this a thin slice of boiled ham, a thin slice of dill pickle and another slice of buttered bread.

## (C) SALAD DRESSING

### 45. Russian Dressing with Liver

2 Tb. cooked liver, finely  
ground  
2 tsp. chopped pickle  
1 tsp. chopped pimento

1 tsp. chopped onion  
2 Tb. salad oil  
1 tb. vinegar or lemon juice

Stir briskly with a fork and serve with head lettuce, shredded lettuce or cabbage.

### 46. Liver Mayonnaise

2 Tb. cooked liver finely ground      1 Tb. mayonnaise dressing

Mix and serve with tomato, cucumber, cabbage or lettuce salad

### 47. Horseradish Dressing With Liver

2 Tb. cooked liver, finely ground      1 Tsp. vinegar or lemon juice  
1 TB. salad oil      1 tsp. horseradish  
Salt, pepper and paprika

Stir briskly with a fork and serve with shredded lettuce or cabbage.

### 48. Thousand Island Dressing With Liver

2 TB. cooked liver, finely ground      2 tsp. chopped pickle  
1 TB. Mayonnaise dressing      1 tsp. chopped pimento

Mix and serve with shredded or head lettuce.

## DIET MANUAL

### (D) BEVERAGES

Liver pulp for use in beverages may be prepared as follows:

Trim uncooked liver free from skin and connective tissue.

Put thru the food chopper, using the finest knife. Press the ground liver thru a potato ricer. 125 grams liver, prepared in this way, yields 9 grams liver pulp, which measures  $\frac{1}{3}$  cup or 4 level table-spoonfuls.

#### 49. Cherry Lemonade

$\frac{1}{3}$  C. liver pulp.  
Juice of  $\frac{1}{2}$  lemon

$\frac{1}{2}$  C. cherry juice.  
2 tsp. sugar

Add sugar to lemon and cherry juice. Add liver and serve with crackers or thin cookies.

#### 50. Coffee Shake With Liver

$\frac{1}{3}$  C. liver pulp.

Fill glass with fairly strong iced coffee. Stir briskly. Serve with crisp crackers, or thin slices of dry toast.

#### 51. Iced Chocolate With Liver

$\frac{1}{3}$  C. liver pulp  
1 tb. cocoa  
1 tb. sugar

$\frac{1}{3}$  C. water  
Milk

Mix sugar and cocoa together. Add cold water and boil, stirring constantly, for 2 minutes. Pour in glass and chill. When cold add liver and fill the glass with milk. Serve with crisp crackers.

#### 52. Liver with Orange Juice

$\frac{1}{3}$  C. liver pulp

$\frac{2}{3}$  C. orange juice

Stir together and serve with crackers.

### (E) MISCELLANEOUS

#### 54. Catsup

2 tb. catsup

2 tb. liver pulp

Mix and serve as a relish with meat or baked beans.

## DIET MANUAL

### 55. Dresden Chocolate Chips

1/3 C. cooked liver, ground	2 tb. grated chocolate
2 tb. sugar	(unsweetened)

Spread 1/4 inch layer of liver in bottom of pan. Sprinkle with chocolate mixed with sugar. Bake in a slow oven until sugar and chocolate are melted and crumbs of liver is crisp on top. Remove from fire and serve with whipped cream.

### 56. Liver Ice Cream

1 C. coffee cream	2/3 C. liver cooked and
2 tb. cocoa	ground very finely
3 tb. sugar	1/2 tsp. Vanilla

Mix sugar and cocoa. Add cream and cook in double boiler 10 minutes. Cool. Add liver, vanilla and freeze.

### 57. Tomato Relish

1 tb. chopped pickle	1 Tb. catsup
2 Tb. liver pulp	

Mix and serve as a relish.

## USEFUL RECIPES FOR DIABETICS

### Jello

Gelatin .....12 grams	Water .....500 cc.
-----------------------	--------------------

DIRECTIONS: Soak gelatin in 200 cc water. Heat the remainder of the water and add to the softened gelatin. While hot add saccharine and flavor to taste.

Value - Each 100 grams -

Protein .....2 grams

Carbohydrates.....0 grams

Fats.....0 grams

### Oatmeal Muffins

(Makes 12 muffins).

Rolled oats dry....52 grams	Butter.....48 grams
Salt.....1/2 tsp.	Eggs.....4 each
Baking Powder.....1/2 tsp.	Water.....1/4 cup

DIRECTIONS: Mix all dry ingredients. Add water. Melt butter and add. Beat egg yolks and add. Beat egg whites stiffly and fold in. Divide equally into 12 baking containers and bake.

Value - each muffin

Protein.....3 grams

Carbohydrates.....3 grams

Fats.....6 grams



## DIET MANUAL

### Bran Muffins (Unwashed) (for 12 muffins)

Bran unwashed.....150 grams	Baking Powder.....2 tsp
Butter.....50 grams	Baking soda.....1/4 tsp
Eggs.....2 each	Salt.....1/2 tsp
Brown sugar.....20 grams	Water.....q.s.

**DIRECTIONS:** Mix all dry ingredients well. Then melt butter and add with sufficient warm water for proper consistency. Beat egg yolks and add. Beat egg whites stiff and fold in. Bake in hot oven about 20 minutes.

Value - each muffin:	Carbohydrates.....0 grams
Protein.....3 grams	Fats.....5 grams

### Bran Muffins (Washed) (for 12 muffins)

Bran washed, 100 grams	Salt 1/2 tsp
Eggs, 2 each	Baking powder, 2 tsps.
Mineral oil 1 tblsp	Water, q.s.

**DIRECTIONS:** Mix all dry ingredients and add water to the proper consistency. Add mineral oil to beaten egg yolks and mix well. Beat egg whites stiff and fold in.

Approximate value each muffin:	Carbohydrates, 0 grams
Protein, 2 grams	Fats, 2 grams

### Cream Soup (One serving)

Cream 20%.....100 gms	Water, q.s.....240 gms
Vegetable, mashed 5%.....50 gms	

Approximate value	Carbohydrates.....6 grams
Each 240 cc	Fats.....20 grams
Protein .....4 grams	

### Vegetable Soup (One serving)

Raw carrots diced 10%.....15 gms	Celery raw 5%.....10 gms
Tomato raw 5%.....30 gms	Clear broth.....480 cc.
Shredded cabbage 5%.....10 gms	Salt and pepper to taste.
Onion raw 10%.....10 gms	

**DIRECTIONS:** Add 480 cc clear broth to prepared raw vegetables and cook until vegetables are done.

Approximate value -	Carbohydrate	5 grams
Protein	1 gram	Fats
		0 grams

## DIET MANUAL

### Prune Whip (12 Servings)

Egg, white.....	12 each	Lemon juice.....	1.10 cc
Prune puree.....	300 gms	Saccharine.....	6 tablets

DIRECTIONS: Beat egg whites stiff. Dissolve saccharine tablets in lemon juice and add to prune puree. Fold in egg whites and bake.

Value each serving -	Carbohydrates.....	5 grams
Protein.....	Fats.....	0 grams

### Strawberry Ice Cream (12 Servings)

Strawberries, fresh, (puree).....	400 grams	Salt.....	1/4 tsp
Milk, whole.....	200 cc.	Eggs.....	4 each
Cream 20%.....	200 cc.	Saccharine.....	4 tablets

DIRECTIONS: Add to strawberry puree the saccharine. Mix milk, cream and eggs and add the salt. This makes a mixture the consistency of custard. Cool this mixture and when cool add the strawberry puree and freeze.

Value of each serving -	Fats.....	6 grams
Protein.....	Carbohydrates.....	4 grams

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I N D E X

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## INDEX

### -A-

- Acid diets .....94  
    foods permitted in, 94  
    menu construction in, 94  
    requirements of, 94  
Addison's disease.....114-125  
    special diet for, 114-125  
Alkaline diets.....93  
    foods permitted in, 93  
    menu construction, 93  
    requirements of, 93  
Allergens.....96-98  
    identification of, .....  
Anticonstipation diet,.....33-41, 268-271  
    foods permitted in, 33-35  
    for irritable colon, 38-40  
    high fat, low residue, 40-41  
    instructions for patients, 141-144  
    menus for, 35-36, 268-271, 287-289  
    requirements of, 33.....  
Arthritic diets.....86-87  
    requirements for, 86  
    requirements for ordering, 86-87

### -B-

- Bland diet.....9, 29-30, 294  
    foods permitted, 29-30  
    requirements of, 29  
    sample menus, 30, 294

### -C-

- Calcium in diet.....1  
    daily requirement, 1  
    foods, rich in, 2  
Calories, body requirements.....1  
Cardiovascular-renal diets.....70-72, 279-282  
    classification of, 70  
    foods permitted in, 72  
    instruction data for patients, 154-155  
    menu construction in, 70  
    requirements in ordering, 70  
    requirements of, 70  
    sample menus for, 279-282

# INDEX

Carbohydrate requirements.....	8
foods permitted in, 109-112	
menu construction, 110-111	
requirements of, 109	
Chronic lead poisoning, diet in .....	113
requirements of, 113 .....	
Colon, diseases of.....	49-54
diet in, 49-54	
food permitted in, 49-54	
menus for, 52, 54, 289-290	
Colostomy diet.....	107
Convalescent ulcer diet.....	23
instructions in, 126-140	
menus for, 257-259	

-D-

Dental diets.....	107-108, 266-267, 292-293
Diabetes .....	73
balancing diet and insulin in, 158-159	
blood sugar estimation in, 161	
clinical types of, 73	
diet in, 73-74	
diet manual for, 156-179	
differential diagnosis in, 163-164	
eating meals and taking insulin away from home, 159	
foci of infection in, 160 .....	
hospitalization in, 157-158	
insulin administration in, 162-163	
insulin reaction in, 163	
practical date in, 167	
prevention of coma in, 164	
renal threshold in, 161	
selected menus in, 169	
special foods in, 166	
surgery in, 167	
symptoms of, 157	
treatment of insulin reaction in, 164-165	
treatment of feet in, 165-166	
urine examination in, 160-161	
Diabetic diets.....	73-82, 156-179
basal, 74	
caloric requirements, 75-76	
carbohydrate allowance in, 75	
emergency feeding in, 78	
fat allowance in, 76	
instruction of patients in, 78-80	
ketogenic-antiketogenic ratio, 74-75	



## INDEX

### Diabetic diets continued

- maintenance, 74
- menu construction chart in, 81-82
- menu construction in, 75-77
- nutritive value of foods in, table of, 172-179
- prescription in, 75-77
- protein allowance in, 75
- protein, fat and carbohydrate ratio in, 74-75
- recipes for, 316-317
- test, 74
- types of, 73-74

### Diets

- acid, 94
- alkaline, 93
- anticonstipation, 33-41, 268-271
- arthritic, 86-87
- bland, 9, 29-30, 294
- carbohydrate in the normal, 1
- cardiovascular-renal, 70-72, 279-282
- caloric requirements in normal, 1
- classification of, 10
- convalescent ulcer, 23, 126-140, 257-259
- dental, 107-109, 256-267, 292-293
- diabetic, 73-82, 156-179
- fat in the normal, 1
- food allergy, 96-98
- for irritable colon, 40-41
- for chronic lead poisoning, 113
- high calcium, 67-69
- high caloric, 42-45, 261
- high caloric, high vitamin, low residue, 42-48, 289-290
- high purin, 83
- high vitamin, 48, 262-265
- in Addison's disease, 114-125
- in disease, 9
- in diseases of colon, 49-54
- in diverticulosis, 53-54
- in gallbladder disease, 55-58, 276-278
- in lead poisoning, 113
- in liver disease, 55-58, 276-278
- in pernicious anemia, 88-92, 272-275
- in tuberculosis, 99-103, 295-299
- in ulcerative colitis, 42-48, 289-290
- infant, 109-112
- ketogenic, 63-65
- light, 15-17, 198-253
- liquid, 9, 11-12, 43, 198-253
- low calcium, 68-69

## INDEX

### Diets continued

- low caloric, 46-48
  - low fat, 55-58, 276-278
  - low purin, 83-85, 283-285
  - normal, 1
  - patient's requirements in the normal, 1
  - pellagra preventive, 59-62
  - regular, 10, 17-19, 44, 198-253
  - requirements when ordering (see introduction)
  - retention, 31-32
  - reducing, 46-48
  - sippy, modified, 22-25
  - Smithie's, 25-28
  - soft, 9, 14-15, 254-256
  - special, 10, 20
  - surgical, 104-108
  - the child's, 109-112
  - test, 186-187
  - therapeutic, 10
  - tube, 13
  - ulcer, 21-30, 257-259
- Diabetic menu construction charts..... 81-82
- Dosage of vitamin concentrates.....4-5
- Diet pamphlets for convalescent ulcer cases.....126-140
- general instructions in, 126
  - recipes in, 133-140
  - suggestions for meals in, 127-128
- Diverticulosis, diet in.....53-54

### -E-

- Enteric diet in tuberculosis.....100
- Epilepsy.....63-65
- ketogenic diet in, 63-65

### -F-

- Fat requirements.....8
- Food allergy, diets.....95-98
- class I foods in, 95
  - class II foods in, 96
  - class III foods in, 96-97
  - classification of foods in, 95
  - menu construction in, 96-97
  - method of ordering, 97
  - record of cases in, 97
  - supplemental foods in, 97

## INDEX

### Foods

rich in minerals, 1-2

rich in vitamins, 6-7

Food residue

7-8

Food value tables,.....172-179, 192-197

### -G-

Gall bladder diets.....55-58, 276-278

classification of, 55

foods permitted in, 56

instruction data for patients, 152-153

menu construction in, 55

requirements of, 56

Gastric resection, diets in.....106

Gastroenterostomy diets.....105-106

Genito urinary diseases.....63

ketogenic diets in, 63-65

Gout

83

low purine diet in, 83-84

### -H-

High acid diet.....94

High alkaline diet.....93

High calcium diet.....67-68

foods useful in, 67

menus for, 68

High caloric diet.....42-45

classification of, 42

menus for, 42-45

High caloric, high vitamin, low residue diets.....50-52

classification of, 50

menu construction, 50-52

menus for, 52

High vitamin diet.....48

foods rich in, 6-7

menu for, 48

### -I-

Infant feeding.....109-112

feedings in, 110-111

nutrition value of permissible foods, 112

requirements of, 109



## INDEX

### Instruction data in

Cardiovascular-renal diseases,	154-155
constipation,	141-144
constipation and underweight,	183-185
constipation due to irritable colon,	180-182
diabetes mellitus,	156-179
diseases of colon,	147-151
diverticulosis,	149-151
liver and gallbladder diseases,	152-153
reduction or low caloric diets,	145-146
Instruction data for patients.....	126-185
Instruction data for peptic ulcer cases.....	126-140
Iron in food.....	1-2
Iron required daily.....	1

### -K-

Ketogenic diets.....	63-65
carbohydrate-fat ratio requirements,	65
foods used in,	64

### -L-

Laryngeal tuberculosis, diet for.....	102
Lead poisoning, diet for.....	113
Light diet.....	15-17, 198-253
constituents of,	15
menus for,	16-17, 198-253
Liquid diet.....	11-13, 198-253
constituents of,	11
menus for,	11-13, 198-253
Liver, diseases of .....	55-58
constituents of,	55
menus for,	57-58
Low calcium.....	68-69
Low caloric or reducing diets.....	46-48
Low fat diets.....	55-58, 276-278
Low purine diets.....	83-85, 283-285
Low salt anticonstipation diets.....	286-288

### -M-

Menus and menu construction.....	188-191
Minerals, sources of,.....	1-2
Mineral requirements.....	8

# INDEX

Modifications of normal (regular) diet.....	1-9
calcium in, 2	
caloric requirements, 1	
carbohydrates in, 1	
fats in, 1	
iron in, 1	
phosphorous in, 2	
protein, 1	
requirements of, 8	
vitamins in, 4-5	
Modified sippy diet.....	22-25

-N-

Normal diet.....	1-7
------------------	-----

-P-

Pellegra preventive diet.....	59-62
foods tested quantitatively in, 59-60	
menu construction in, 61-62	
pellegra preventive factor, 59	
requirements in ordering, 59-62	
Pernicious anemia diet for.....	88-92, 272-275
classification of, 88	
diet guide for, 88	
menu construction, 89	
menus, 272-275	
preparation of liver dishes, 305-316	
Phosphorous in foods.....	1
Phosphorous required daily.....	1
Portions served.....	8-9
Post operative diets.....	104
Preoperative diets.....	104
Protein requirements.....	8
Proximate composition of foods.....	172-179, 192-197

-R-

Regular diet .....	10, 17-19, 198-253
constituents, 198-253	
menus for, 17-19, 198-253	
Retention diets,.....	31-32

-S-

Sample menus	
light diets 198-253	
liquid diets 198-253	
regular diets 198-253	
Serving portions.....	8

## INDEX

Sippy diet, modified.....	22
Sippy powders.....	22
Smithie's non-surgical management of peptic ulcer.....	25-28
Soft diet.....	9, 14-15
constituents of, 14	
menus for, 15	
Special diets.....	10, 20

### -T-

Tables and weights.....	300-304
Test diets .....	186-187
Therapeutic diets.....	10, 20
Tube diets .....	13
formulas for, 13	
Tuberculosis, diets for.....	99-103, 295-299
enteric, 100-102, 298	
laryngeal, 102-103, 299	
regular, 295-297	

### -U-

Ulcer diets.....	21-30, 126-140
instruction booklet, 126-140	
recipes, 129-140	

### -V-

Vitamins.....	2-7
Vitamin A, 4-6	
Vitamin B, 4-6	
Vitamin B complex, 4-6	
Vitamin B <sub>2</sub> or G, 4-7	
Vitamin B <sub>6</sub> , 4	
Vitamin C, 4-6	
Vitamin D, 5-7	
Vitamin E, 5-7	
Vitamin K, 5-7	
Vitamin concentrates.....	3-7
dosage of, 4-5	
in foods, 2-7	
P.P. factor, 4-7	

### -W-

Weights and measures.....	300-304
---------------------------	---------

















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